



## Italian Nachos

READY IN



35 min.

SERVINGS



28

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 28 slices crusty baguette french (1/) (from 12-oz loaf,)
- 1 serving olive oil cooking spray
- 0.5 lb ground sausage italian hot
- 0.7 cup alfredo sauce
- 1 teaspoon seasoning italian
- 1 cup tomatoes seeded chopped
- 2.3 oz olives ripe drained sliced canned
- 6 oz mozzarella cheese shredded
- 1 serving parsley fresh chopped

## Equipment

- frying pan
- baking sheet
- oven
- aluminum foil

## Directions

- Heat oven to 400°F. Line large cookie sheet with foil. On cookie sheet, arrange bread slices with sides touching. Spray tops of bread slices lightly with cooking spray.
- Bake 6 to 8 minutes or until light golden brown.
- Meanwhile, in 10-inch skillet, cook sausage over medium-high heat 5 to 7 minutes, stirring occasionally and breaking into small pieces, until no longer pink; drain. Stir in Alfredo sauce and Italian seasoning.
- Spoon sausage mixture evenly over bread slices.
- Sprinkle evenly with tomato, olives and cheese.
- Bake about 6 minutes or until cheese is melted.
- Sprinkle with parsley.
- Serve hot.

## Nutrition Facts



**PROTEIN 16.28%** **FAT 38.5%** **CARBS 45.22%**

## Properties

Glycemic Index:7.21, Glycemic Load:10.67, Inflammation Score:-2, Nutrition Score:5.0326086710329%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 144.29kcal (7.21%), Fat: 6.1g (9.39%), Saturated Fat: 2.42g (15.12%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 15.28g (5.56%), Sugar: 1.81g (2.02%), Cholesterol: 14.83mg (4.94%), Sodium: 370.65mg (16.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Vitamin B1: 0.24mg (15.78%), Selenium: 8.57µg (12.24%), Folate: 36.57µg (9.14%), Vitamin B3: 1.76mg (8.82%), Manganese: 0.16mg (8.24%), Vitamin B2: 0.14mg (7.95%), Iron: 1.29mg (7.15%), Calcium: 68.79mg (6.88%), Phosphorus: 64.96mg (6.5%), Vitamin K: 4.34µg (4.13%), Zinc: 0.59mg (3.92%), Vitamin B12: 0.21µg (3.54%), Fiber: 0.85g (3.38%), Vitamin B6: 0.07mg (3.28%), Magnesium: 11.77mg (2.94%), Copper: 0.05mg (2.62%), Potassium: 80.05mg (2.29%), Vitamin A: 107.6IU (2.15%), Vitamin B5: 0.18mg (1.77%), Vitamin E: 0.23mg (1.56%), Vitamin C: 1.08mg (1.31%)