



Italian Nachos

READY IN



35 min.

SERVINGS



28

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 400F. 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 16.41% **FAT 38.23%** **CARBS 45.36%**

Properties

Glycemic Index:7.21, Glycemic Load:10.71, Inflammation Score:-5, Nutrition Score:8.5221737688002%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 145.65kcal (7.28%), Fat: 6.13g (9.43%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 16.37g (5.46%), Net Carbohydrates: 15.4g (5.6%), Sugar: 1.85g (2.05%), Cholesterol: 14.83mg (4.94%), Sodium: 372.81mg (16.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Vitamin K: 67.6µg (64.38%), Vitamin B1: 0.24mg (16.01%), Selenium: 8.57µg (12.25%), Folate: 42.43µg (10.61%), Vitamin B3: 1.82mg (9.08%), Vitamin A: 432.52IU (8.65%), Manganese: 0.17mg (8.55%), Iron: 1.53mg (8.48%), Vitamin B2: 0.14mg (8.18%), Vitamin C: 6.21mg (7.53%), Calcium: 74.11mg (7.41%), Phosphorus: 67.2mg (6.72%), Zinc: 0.63mg (4.2%), Fiber: 0.97g (3.89%), Vitamin B12: 0.21µg (3.54%), Vitamin B6: 0.07mg (3.46%), Magnesium: 13.7mg (3.42%), Copper: 0.06mg (2.91%), Potassium: 101.42mg (2.9%), Vitamin B5: 0.19mg (1.93%), Vitamin E: 0.26mg (1.75%)