



Jen's Nachos

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



1335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 ounce barbecue sauce
- ☐ 14.5 ounce canned tomatoes drained canned
- ☐ 1 pound ground beef
- ☐ 14.5 ounce nacho-flavor tortilla chips
- ☐ 8 ounces cheddar cheese shredded
- ☐ 15 ounce kernel corn whole drained canned

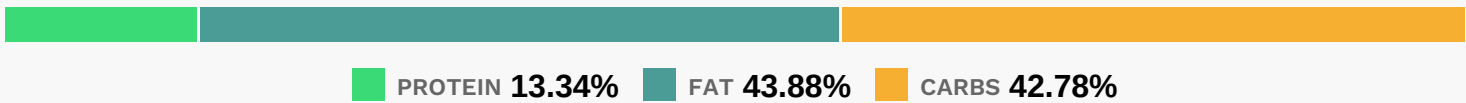
Equipment

- ☐ frying pan

Directions

- ☐ Brown beef in a large skillet over a medium-high heat.
- ☐ Drain the fat from the pan once the meat is browned.
- ☐ Mix Cheddar cheese, tomatoes, corn and barbecue sauce into the meat.
- ☐ Heat this mixture, stirring occasionally.
- ☐ While the mixture is heating, make beds of chips onto 4 plates.
- ☐ Pour the hot mixture over the chips. Enjoy!

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:2.48, Inflammation Score:-8, Nutrition Score:34.959999644238%

Nutrients (% of daily need)

Calories: 1335.4kcal (66.77%), Fat: 65.84g (101.3%), Saturated Fat: 22.81g (142.54%), Carbohydrates: 144.44g (48.15%), Net Carbohydrates: 135.79g (49.38%), Sugar: 47.86g (53.18%), Cholesterol: 137.21mg (45.74%), Sodium: 2406.8mg (104.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.03g (90.05%), Phosphorus: 772.06mg (77.21%), Calcium: 609.37mg (60.94%), Zinc: 9.03mg (60.21%), Selenium: 39.85µg (56.93%), Vitamin B12: 3.03µg (50.46%), Vitamin E: 6.82mg (45.49%), Vitamin B3: 8.53mg (42.65%), Magnesium: 169.74mg (42.44%), Vitamin B6: 0.84mg (41.96%), Vitamin B2: 0.63mg (37.1%), Potassium: 1257.27mg (35.92%), Iron: 6.24mg (34.66%), Fiber: 8.65g (34.6%), Vitamin K: 32.62µg (31.07%), Vitamin B5: 2.52mg (25.16%), Copper: 0.5mg (25.02%), Vitamin B1: 0.33mg (22.1%), Vitamin A: 1077.92IU (21.56%), Manganese: 0.43mg (21.27%), Folate: 78.92µg (19.73%), Vitamin C: 12.03mg (14.58%), Vitamin D: 0.45µg (3.02%)