



Kansas City BBQ Nachos

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz tortilla chips triangle-shaped
- 8 oz cheddar cheese shredded
- 16 oz chili beans sauce undrained canned
- 18 oz barbecue sauce shredded refrigerated
- 12 oz juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer) hot drained chopped
- 1 cup coleslaw mix vinaigrette-style drained
- 2 tablespoons spring onion sliced

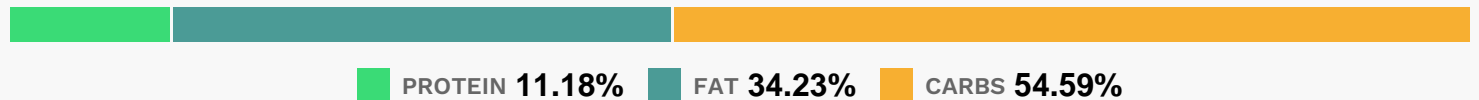
Equipment

- bowl
- frying pan
- oven
- pizza pan
- aluminum foil

Directions

- Heat oven to 400°F. Line 12-inch pizza pan or 15x10x1-inch pan with foil; spray with cooking spray.
- Spread half of chips evenly on pan.
- Sprinkle 1 cup of the cheese over chips.
- In medium bowl, mix chili beans, pork and jalapeños. Drop half of mixture by small spoonfuls over chips. Repeat layers with chips, cheese and pork mixture.
- Bake 12 to 15 minutes or until cheese is melted. Top with coleslaw and green onions.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.88, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:11.833912947904%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 428.97kcal (21.45%), Fat: 16.49g (25.37%), Saturated Fat: 6.35g (39.71%), Carbohydrates: 59.17g (19.72%), Net Carbohydrates: 54.43g (19.79%), Sugar: 24.78g (27.54%), Cholesterol: 28.35mg (9.45%), Sodium: 1986.14mg (86.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.12g (24.23%), Phosphorus: 296.53mg (29.65%),

Calcium: 273.69mg (27.37%), Fiber: 4.74g (18.98%), Zinc: 2.7mg (17.97%), Vitamin K: 17.74µg (16.89%), Magnesium: 66.62mg (16.66%), Vitamin B2: 0.27mg (15.9%), Selenium: 10.87µg (15.53%), Potassium: 495.57mg (14.16%), Vitamin B6: 0.28mg (14.15%), Vitamin E: 1.86mg (12.43%), Copper: 0.23mg (11.43%), Iron: 2mg (11.12%), Vitamin A: 458.13IU (9.16%), Folate: 30.1µg (7.52%), Vitamin B1: 0.09mg (6.09%), Vitamin C: 4.83mg (5.86%), Vitamin B5: 0.58mg (5.77%), Vitamin B12: 0.31µg (5.1%), Manganese: 0.1mg (4.98%), Vitamin B3: 0.87mg (4.33%), Vitamin D: 0.17µg (1.13%)