



Kansas City BBQ Nachos

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 oz barbecue sauce shredded refrigerated
- 16 oz chili beans sauce undrained canned
- 8 oz tortilla chips triangle-shaped
- 1 cup deli honey ham vinaigrette-style drained
- 2 tablespoons spring onion sliced
- 0.3 cup jalapeno drained chopped (from 12-oz jar)
- 8 oz cheddar cheese shredded

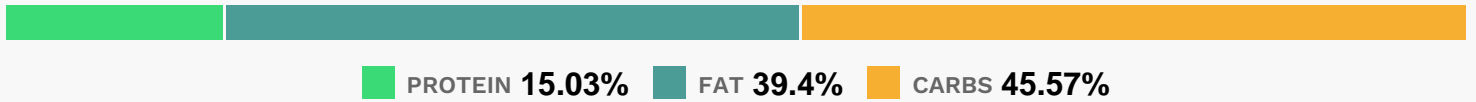
Equipment

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

Directions

- Heat oven to 400F. 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 jalapeos. 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:11.38, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:14.185652266378%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 487.35kcal (24.37%), Fat: 21.45g (33%), Saturated Fat: 8.12g (50.76%), Carbohydrates: 55.81g (18.6%), Net Carbohydrates: 51.21g (18.62%), Sugar: 24.62g (27.35%), Cholesterol: 46.69mg (15.56%), Sodium: 1697.82mg (73.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.41g (36.82%), Phosphorus: 358.27mg (35.83%), Calcium: 272.6mg (27.26%), Selenium: 17.57µg (25.1%), Zinc: 3.37mg (22.47%), Vitamin B6: 0.4mg (19.82%), Vitamin B2: 0.33mg (19.66%), Fiber: 4.6g (18.42%), Magnesium: 71.62mg (17.9%), Vitamin B1: 0.26mg (17.66%), Potassium: 572.25mg (16.35%), Vitamin E: 2.06mg (13.72%), Copper: 0.25mg (12.64%), Iron: 2.23mg (12.36%), Vitamin K: 11.61µg

(11.05%), Vitamin B3: 2.2mg (11%), Vitamin A: 479.87IU (9.6%), Vitamin B12: 0.5µg (8.26%), Vitamin B5: 0.7mg (7.03%), Folate: 27.98µg (6.99%), Vitamin C: 4.96mg (6.02%), Manganese: 0.09mg (4.62%), Vitamin D: 0.38µg (2.51%)