



Kickin' Grilled Nachos

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz four cheese shredded with a touch of philadelphia mexican style kraft
- 0.5 cup knudsen cream sour
- 1 jalapeño pepper seeded finely chopped
- 0.5 cup onions red finely chopped
- 1 tomatoes chopped
- 8 oz tortilla chips

Equipment

- grill

aluminum foil

Directions

Heat grill to medium-high heat.

Double-fold edges of large sheet of heavy-duty foil to make rimmed 12x10-inch tray.

Spread chips onto bottom of tray; cover with cheese, onions and peppers.

Place on center of grill. Turn off burners directly below tray; cover grill with lid. Grill 5 min. or until cheese is melted.

Top with tomatoes.

Serve with sour cream.

Nutrition Facts

 **PROTEIN 12.7%** **FAT 56.78%** **CARBS 30.52%**

Properties

Glycemic Index:8.27, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:3.8682609174563%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 152.01kcal (7.6%), Fat: 9.78g (15.05%), Saturated Fat: 4.11g (25.67%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 10.81g (3.93%), Sugar: 0.87g (0.97%), Cholesterol: 19.64mg (6.55%), Sodium: 151.49mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Calcium: 133.01mg (13.3%), Phosphorus: 112.71mg (11.27%), Selenium: 5.26µg (7.51%), Vitamin B2: 0.09mg (5.49%), Zinc: 0.81mg (5.42%), Vitamin A: 268.49IU (5.37%), Vitamin E: 0.72mg (4.82%), Magnesium: 19.1mg (4.77%), Vitamin K: 4.42µg (4.21%), Fiber: 1.02g (4.09%), Vitamin B12: 0.18µg (2.94%), Vitamin B5: 0.28mg (2.82%), Vitamin B6: 0.05mg (2.69%), Potassium: 76.85mg (2.2%), Vitamin B1: 0.03mg (2.18%), Folate: 7.7µg (1.93%), Vitamin C: 1.59mg (1.92%), Iron: 0.3mg (1.66%), Copper: 0.03mg (1.44%), Manganese: 0.03mg (1.35%)