



Lighter nachos



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 corn tortillas soft
- ☐ 1.5 tsp canola oil
- ☐ 1 jalapeno deseeded cut into thin strips
- ☐ 100 g mozzarella cheese grated
- ☐ 2 tbsp crème fraîche
- ☐ 0.5 small coriander leaves chopped
- ☐ 2 medium avocado ripe peeled halved roughly chopped
- ☐ 1 tbsp juice of lime

- ☐ 2 spring onion ends trimmed finely chopped
- ☐ 2 tbsp cilantro leaves chopped
- ☐ 3 drops all the tabasco sauce you handle
- ☐ 400 g kidney beans red drained and rinsed canned
- ☐ 1 garlic clove crushed
- ☐ 0.3 tsp chili powder
- ☐ 0.3 tsp ground cumin
- ☐ 4 tomatoes seeds removed, finely chopped
- ☐ 0.3 small onion red finely chopped
- ☐ 1 garlic clove finely chopped
- ☐ 1 tsp canola oil

Equipment

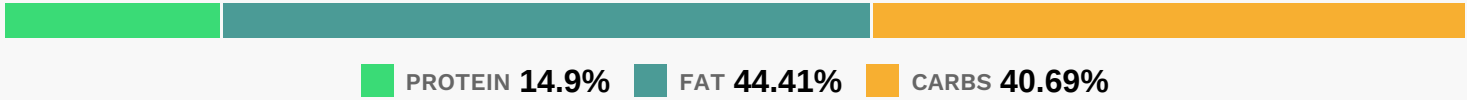
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Heat the oven to 190C/170C fan/gas
- ☐ For each tortilla, brush both sides with some of the oil, and cut into 12 wedges. Repeat. Put all the wedges on 2 large baking sheets and bake for about 10 mins or until golden and crisp.
- ☐ Remove and set aside. Turn up the oven to 200C/180C/gas
- ☐ For the guacamole, put the chopped avocados in a bowl and roughly mash with a fork, keeping some texture. Stir in the lime juice, spring onions, coriander and season with the Tabasco and seasoning. Set aside.
- ☐ For the beans, tip them into a bowl, stir in the garlic, chilli and cumin powders, roughly mash with a fork, then mix in about 2 tbsp of water, or enough to make a rough mash. Season and set aside.

- ☐ For the salsa, combine the tomatoes, onion, garlic, lime juice and oil. Season and set aside.
- ☐ Ten minutes before youre ready to serve, scatter the tortilla chips over a large baking tray or ovenproof platter. Spoon the beans in little mounds over the chips, then spoon over the salsa (if the salsa has been made ahead, use a slotted spoon so you leave any tomato liquid behind that could soften the chips). Scatter over the jalapeo chilli and mozzarella.
- ☐ Bake for 4-5 mins, just long enough to melt the cheese and warm things through, but not over-brown the tortilla chips.
- ☐ Remove and spoon over the crme frache and scatter with coriander, and put the guacamole in 1 or 2 small dishes on the side.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:93.7, Glycemic Load:13.66, Inflammation Score:-9, Nutrition Score:29.382173618545%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg

Nutrients (% of daily need)

Calories: 502.81kcal (25.14%), Fat: 26.11g (40.17%), Saturated Fat: 6.51g (40.7%), Carbohydrates: 53.82g (17.94%), Net Carbohydrates: 35.66g (12.97%), Sugar: 5.66g (6.28%), Cholesterol: 23.29mg (7.76%), Sodium: 213.25mg (9.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.71g (39.43%), Fiber: 18.17g (72.67%), Folate: 240.67µg (60.17%), Vitamin K: 57.56µg (54.82%), Manganese: 0.94mg (46.89%), Vitamin C: 36.87mg (44.69%), Phosphorus: 428.74mg (42.87%), Potassium: 1327.8mg (37.94%), Vitamin A: 1551.69IU (31.03%), Vitamin B6: 0.61mg (30.62%), Magnesium: 121.43mg (30.36%), Copper: 0.58mg (28.99%), Iron: 4.65mg (25.84%), Vitamin E: 3.67mg (24.49%), Calcium: 224.03mg (22.4%), Vitamin B1: 0.33mg (21.8%), Zinc: 3.18mg (21.19%), Vitamin B2: 0.33mg (19.42%), Vitamin B3: 3.72mg (18.6%), Vitamin B5: 1.86mg (18.57%), Selenium: 8.44µg (12.05%), Vitamin B12: 0.58µg (9.71%)