



Loaded Nachos

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 avocado diced
- ☐ 3 oz baked tortilla chips
- ☐ 0.5 cup black beans canned rinse and drain before measuring
- ☐ 2 teaspoons canola oil
- ☐ 12 cherry tomatoes halved quartered
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic minced

- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup greek yogurt reduced-fat
- ☐ 0.5 cup cheddar shredded low-fat
- ☐ 1 onion chopped
- ☐ 4 servings salt and pepper

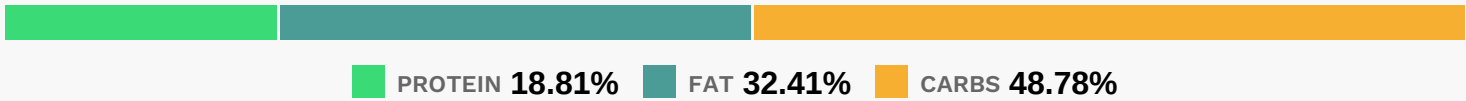
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler to high. Line a broiling pan or large, rimmed baking sheet with foil and mist with cooking spray. Arrange tortilla chips, overlapping slightly, in a single layer on top of foil.
- ☐ Warm oil in a large skillet over medium-high heat.
- ☐ Add onion and cook, stirring frequently, until tender and translucent, about 3 minutes.
- ☐ Add garlic, sprinkle with chili powder and cook, stirring, until fragrant, about 1 minute longer. Stir in beans and tomatoes. Cook, stirring, until just warmed through, about 2 minutes. Stir in lemon juice and cilantro. Season with salt and pepper.
- ☐ Spoon bean mixture onto center of chips and spread evenly.
- ☐ Sprinkle cheese evenly on top. Broil, watching constantly and turning pan often, until nachos are hot and cheese is bubbly, about 1 minute.
- ☐ Remove pan from broiler, sprinkle avocado over nachos and garnish with dollops of yogurt.
- ☐ Transfer to a platter and serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:9.9082608106344%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

Nutrients (% of daily need)

Calories: 234.37kcal (11.72%), Fat: 8.66g (13.32%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 24.05g (8.75%), Sugar: 4.04g (4.49%), Cholesterol: 4.6mg (1.53%), Sodium: 476.65mg (20.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.3g (22.6%), Vitamin C: 18.27mg (22.15%), Fiber: 5.26g (21.03%), Phosphorus: 197.1mg (19.71%), Calcium: 151.08mg (15.11%), Folate: 51.49µg (12.87%), Potassium: 422.27mg (12.06%), Magnesium: 46.01mg (11.5%), Vitamin K: 11.74µg (11.19%), Vitamin B6: 0.21mg (10.57%), Vitamin B2: 0.17mg (10.18%), Vitamin A: 497.04IU (9.94%), Manganese: 0.2mg (9.87%), Vitamin E: 1.46mg (9.72%), Selenium: 6.33µg (9.04%), Vitamin B1: 0.13mg (8.65%), Copper: 0.17mg (8.59%), Iron: 1.43mg (7.93%), Zinc: 0.92mg (6.15%), Vitamin B5: 0.53mg (5.3%), Vitamin B3: 1.02mg (5.09%), Vitamin B12: 0.07µg (1.15%)