



Loaded Nachos

 Gluten Free

READY IN



27 min.

SERVINGS



4

CALORIES



860 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baked tortilla chips
- ☐ 1 tablespoon chili powder
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 teaspoons ground cumin
- ☐ 1 pound ground sirloin lean
- ☐ 1 cup lettuce shredded
- ☐ 0.3 cup jalapeno
- ☐ 0.3 cup cream sour reduced-fat (such as Breakstone's)

- ☐ 1 cup onion chopped (1 medium)
- ☐ 1 cup salsa
- ☐ 2 tablespoons salsa
- ☐ 0.3 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 1 cup tomatoes chopped (1 medium)

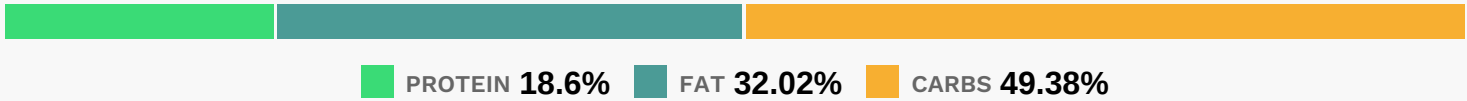
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine sour cream and 2 tablespoons salsa in a small bowl; stir well. Cover and chill until ready to serve.
- ☐ . Cook beef, onion, and bell pepper in a large nonstick skillet over medium-high heat until browned, stirring to crumble beef.
- ☐ Drain well; return meat mixture to pan. Stir in 1 cup salsa, chili powder, cumin, and salt; bring to a simmer over medium heat, and cook 3 minutes.
- ☐ Place 1 cup chips on each of 4 serving plates; top each with 3/4 cup meat mixture, 1/4 cup lettuce, 1/4 cup tomato, 2 tablespoons cheese, and 1 tablespoon jalapeo slices.
- ☐ Drizzle 2 tablespoons sour cream mixture over each serving.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:1.54, Inflammation Score:-9, Nutrition Score:31.757825716682%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg,

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 859.58kcal (42.98%), Fat: 30.75g (47.3%), Saturated Fat: 11.43g (71.41%), Carbohydrates: 106.67g (35.56%), Net Carbohydrates: 96.65g (35.14%), Sugar: 7.51g (8.34%), Cholesterol: 96.32mg (32.11%), Sodium: 1326.02mg (57.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.18g (80.35%), Phosphorus: 698.41mg (69.84%), Selenium: 41.79µg (59.7%), Zinc: 7.47mg (49.77%), Vitamin B6: 0.94mg (46.87%), Vitamin B12: 2.67µg (44.52%), Magnesium: 166.88mg (41.72%), Fiber: 10.03g (40.11%), Vitamin C: 32.05mg (38.85%), Vitamin B2: 0.65mg (38.3%), Calcium: 375.49mg (37.55%), Vitamin B3: 7.32mg (36.59%), Vitamin A: 1795.88IU (35.92%), Potassium: 1152.57mg (32.93%), Iron: 5.9mg (32.76%), Vitamin B1: 0.4mg (26.65%), Vitamin E: 3.65mg (24.35%), Copper: 0.34mg (17.13%), Vitamin K: 17.21µg (16.39%), Manganese: 0.31mg (15.38%), Folate: 55.13µg (13.78%), Vitamin B5: 0.98mg (9.81%), Vitamin D: 0.23µg (1.51%)