



Loaded Nachos

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces baked tortilla chips
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 teaspoon chili powder
- ☐ 0.3 cup cilantro leaves fresh divided minced
- ☐ 1 garlic clove crushed
- ☐ 0.3 cup green onions divided chopped
- ☐ 8 ounces ground round
- ☐ 3 tablespoons cup heavy whipping cream sour low-fat

- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 0.5 teaspoon oregano dried
- ☐ 16 ounce refried beans fat-free with mild chiles canned
- ☐ 0.5 cup bottled roasted bell peppers red chopped
- ☐ 0.3 teaspoon salt

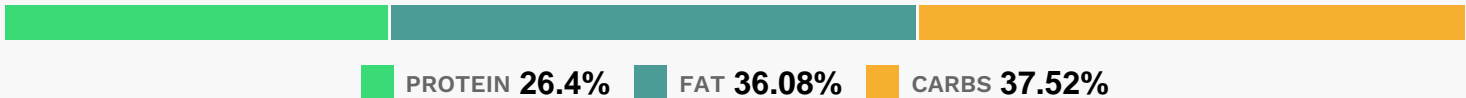
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Cook meat in a large nonstick skillet over medium-high heat until browned, stirring to crumble. Stir in the bell peppers and next 5 ingredients (bell peppers through garlic), and cook for 8 minutes or until thick, stirring occasionally.
- ☐ Remove from pan.
- ☐ Place pan coated with cooking spray over medium heat until hot.
- ☐ Add beans, 2 tablespoons cilantro, and 2 tablespoons green onions; cook 2 minutes or until thoroughly heated.
- ☐ Place chips on a large serving platter; spread warm bean mixture over each chip. Spoon meat mixture over bean mixture; top with cheese.
- ☐ Bake at 375 for 9 minutes or until cheese melts.
- ☐ Remove from oven; top with sour cream, 2 tablespoons cilantro, and 2 tablespoons onions. Top with jalapeo pepper slices, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.56, Glycemic Load:2.34, Inflammation Score:-5, Nutrition Score:8.6652174721593%

Flavonoids

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: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 188.2kcal (9.41%), Fat: 7.5g (11.53%), Saturated Fat: 3.8g (23.77%), Carbohydrates: 17.54g (5.85%), Net Carbohydrates: 13.74g (5%), Sugar: 3.5g (3.89%), Cholesterol: 28.99mg (9.66%), Sodium: 660.68mg (28.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.34g (24.68%), Calcium: 158.48mg (15.85%), Phosphorus: 153.95mg (15.4%), Fiber: 3.8g (15.18%), Zinc: 1.88mg (12.54%), Selenium: 8.03µg (11.48%), Iron: 2.05mg (11.41%), Vitamin B12: 0.68µg (11.3%), Vitamin B6: 0.22mg (10.77%), Vitamin K: 11.04µg (10.51%), Vitamin C: 8.62mg (10.45%), Vitamin B3: 1.99mg (9.93%), Vitamin B2: 0.15mg (8.93%), Vitamin A: 425.81IU (8.52%), Potassium: 287.53mg (8.22%), Magnesium: 29.39mg (7.35%), Copper: 0.13mg (6.71%), Manganese: 0.12mg (6.07%), Vitamin E: 0.9mg (6.01%), Vitamin B1: 0.07mg (4.95%), Folate: 15.3µg (3.83%), Vitamin B5: 0.32mg (3.16%)