



## Loaded Sweet Potato Nachos

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



883 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups favorite bbq sauce for drizzling
- 6 servings canola oil for frying
- 3 chipotles minced
- 1 tablespoon garlic minced
- 2 cups gouda cheese smoked grated
- 2 tablespoons grapeseed oil
- 1.5 pounds ground beef
- 1 onion diced

- 3 jalapeños red sliced
- 6 servings salt and pepper black freshly ground
- 1 bunch scallions sliced
- 2 large sweet potatoes thinly sliced
- 1 tablespoon tomato paste

## Equipment

- frying pan
- paper towels
- oven
- pot
- broiler

## Directions

- Preheat the oven to broil. Preheat a deep-fryer or heavy-bottomed pot, with enough canola oil to come halfway up the sides of the pot, to 325 degrees F.
- Working in batches, deep-fry the sweet potatoes until crisp, about 5 to 7 minutes.
- Remove from fryer to a paper towel lined platter and season with salt and pepper, to taste. Set aside.
- Add the grapeseed oil to a large saute pan over medium-high heat.
- Add meat and brown it until almost cooked through, about for 3 to 4 minutes.
- Add the onion and garlic and cook until softened, about 2 to 3 minutes.
- Add the tomato paste, chipotles, and salt and pepper, to taste. Stir several times to incorporate.
- Add the BBQ sauce, bring to a simmer and cook for an additional 5 to 6 minutes.
- Remove from the heat.
- Using 2 oven-proof platters, lay some sweet potato chips on each platter. Top the potatoes with some meat, cheese, and jalapenos. Repeat the layers with the remaining ingredients, except for a handful of jalapenos. Broil until the cheese melts, about 3 to 4 minutes.

Remove the platters from the broiler and top them with the remaining jalapenos, a drizzle of BBQ sauce and the scallions.

Serve.

## Nutrition Facts

**PROTEIN 19.26%** **FAT 53.6%** **CARBS 27.14%**

### Properties

Glycemic Index:58.33, Glycemic Load:12.71, Inflammation Score:-10, Nutrition Score:32.326956541642%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

### Nutrients (% of daily need)

Calories: 882.59kcal (44.13%), Fat: 52.49g (80.76%), Saturated Fat: 23.35g (145.97%), Carbohydrates: 59.81g (19.94%), Net Carbohydrates: 54.08g (19.67%), Sugar: 33.26g (36.95%), Cholesterol: 170.42mg (56.81%), Sodium: 1546.97mg (67.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.44g (84.88%), Vitamin A: 16830.98IU (336.62%), Phosphorus: 691.54mg (69.15%), Calcium: 641.94mg (64.19%), Vitamin B12: 3.64µg (60.69%), Zinc: 8.38mg (55.84%), Selenium: 30.54µg (43.63%), Vitamin B6: 0.8mg (40.12%), Vitamin B2: 0.56mg (32.96%), Vitamin B3: 6.12mg (30.61%), Potassium: 1043.47mg (29.81%), Manganese: 0.49mg (24.44%), Vitamin E: 3.55mg (23.64%), Fiber: 5.73g (22.91%), Magnesium: 85.64mg (21.41%), Iron: 3.82mg (21.22%), Vitamin C: 16.32mg (19.78%), Vitamin B5: 1.91mg (19.14%), Vitamin K: 19µg (18.1%), Copper: 0.35mg (17.74%), Vitamin B1: 0.2mg (13.15%), Folate: 46.43µg (11.61%), Vitamin D: 0.51µg (3.38%)