



Mediterranean Nachos

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons kalamata olives finely chopped
- 2 tablespoons sun-dried tomatoes finely chopped in oil (from 7-oz jar)
- 2 teaspoons sun-dried olives
- 1 small plum tomatoes drained finely chopped (Roma)
- 1 tablespoon spring onion thinly sliced
- 4 oz tortilla chips restaurant-style (30 chips)
- 4 oz feta cheese crumbled finely

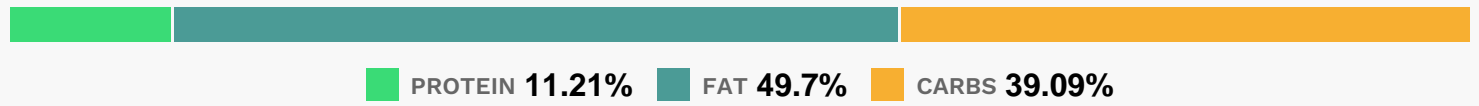
Equipment

- bowl
- microwave

Directions

- In small bowl, mix olives, sun-dried tomatoes, oil, plum tomato and onion; set aside.
- On large microwavable plate, arrange tortilla chips in single layer. Top evenly with cheese. Microwave uncovered on High 1 minute. Rotate plate 1/2 turn; microwave 30 to 60 seconds longer or until cheese is melted and bubbly.
- Spoon tomato mixture evenly over chips and cheese.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:5.9556521747423%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 160.07kcal (8%), Fat: 9.15g (14.08%), Saturated Fat: 3.2g (20.01%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 14.45g (5.25%), Sugar: 1.07g (1.19%), Cholesterol: 16.82mg (5.61%), Sodium: 334.59mg (14.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.29%), Phosphorus: 121.87mg (12.19%), Calcium: 120.47mg (12.05%), Vitamin B2: 0.2mg (11.92%), Vitamin C: 7.27mg (8.81%), Vitamin K: 7.92µg (7.54%), Vitamin B6: 0.14mg (7.24%), Magnesium: 28.28mg (7.07%), Fiber: 1.75g (6.99%), Zinc: 0.9mg (5.99%), Potassium: 207.98mg (5.94%), Vitamin E: 0.86mg (5.76%), Selenium: 3.93µg (5.62%), Vitamin B12: 0.32µg (5.32%), Vitamin A: 264.6IU (5.29%), Vitamin B1: 0.08mg (5.25%), Vitamin B5: 0.48mg (4.75%), Iron: 0.75mg (4.15%), Copper: 0.08mg (4.06%), Vitamin B3: 0.75mg (3.73%), Manganese: 0.07mg (3.6%), Folate: 12.84µg (3.21%)