



Melting nachos with shredded gammon

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g tortilla chip crumbs plain
- ☐ 175 g finely-chopped ham shredded cooked
- ☐ 400 g salsa
- ☐ 100 g cheddar cheese grated
- ☐ 2 jalapeno sliced
- ☐ 4 servings cream

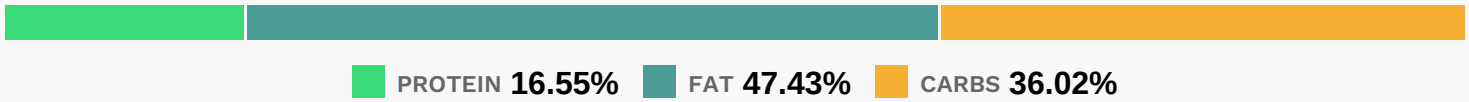
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Empty the chips into a large ovenproof dish and scatter over the ham or gammon. Spoon over the salsa and bake for 5 mins.
- ☐ Sprinkle with the cheddar, then return to the oven for a further 5 mins. Top with jalapeos and serve with guacamole and soured cream.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.25, Inflammation Score:-7, Nutrition Score:16.775217553844%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 457.98kcal (22.9%), Fat: 24.73g (38.04%), Saturated Fat: 8.19g (51.18%), Carbohydrates: 42.26g (14.09%), Net Carbohydrates: 37.56g (13.66%), Sugar: 4.98g (5.53%), Cholesterol: 64.02mg (21.34%), Sodium: 1492.74mg (64.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.83%), Phosphorus: 397.69mg (39.77%), Selenium: 19.31µg (27.58%), Calcium: 273.33mg (27.33%), Vitamin C: 20.5mg (24.85%), Vitamin B1: 0.35mg (23.29%), Vitamin E: 3.47mg (23.12%), Vitamin B6: 0.43mg (21.45%), Zinc: 2.83mg (18.88%), Magnesium: 75.19mg (18.8%), Fiber: 4.7g (18.78%), Vitamin B2: 0.31mg (18.03%), Vitamin A: 882.22IU (17.64%), Vitamin B3: 3.21mg (16.04%), Vitamin K: 16.73µg (15.93%), Vitamin B12: 0.91µg (15.12%), Potassium: 523.55mg (14.96%), Vitamin B5: 1.34mg (13.42%), Iron: 1.62mg (8.99%), Copper: 0.18mg (8.85%), Manganese: 0.14mg (7.21%), Folate: 19.17µg (4.79%)