



Memphis Barbecue Nachos



Gluten Free



Low Fod Map

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READY IN

ready

15 min.

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SERVINGS

servings

4

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CALORIES

calories

1095 kcal

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LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 ounce barbeque sauce memphis-style
- ☐ 6 ounce can jalapenos drained sliced canned
- ☐ 4 servings chili powder dry as needed
- ☐ 16 ounce spicy nacho cheese sauce
- ☐ 1 pound boston butt pork shoulder smoked chopped
- ☐ 1 pound round tortilla chips

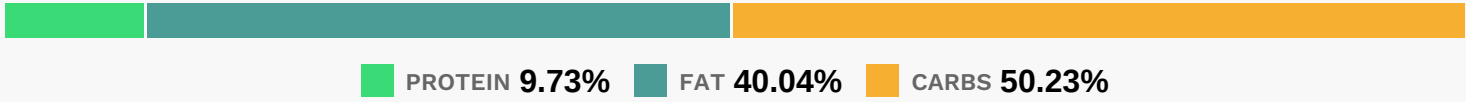
Equipment

- ☐ bowl

Directions

- ☐ In separate saucepans over low heat, warm the pork and spicy nacho cheese sauce. Divide the chips among 4 shallow bowls. Top the chips with barbecue pork.
- ☐ Layer some cheese sauce over the pork. Top the cheese sauce with barbecue sauce.
- ☐ Sprinkle each bowl with dry rub barbecue seasoning and jalapenos to taste.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.5, Inflammation Score:-9, Nutrition Score:27.668695449829%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 1094.7kcal (54.74%), Fat: 49.75g (76.53%), Saturated Fat: 9.56g (59.75%), Carbohydrates: 140.4g (46.8%), Net Carbohydrates: 131.83g (47.94%), Sugar: 49.56g (55.06%), Cholesterol: 56.55mg (18.85%), Sodium: 2671.06mg (116.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.19g (54.37%), Vitamin C: 51.87mg (62.88%), Vitamin B1: 0.82mg (54.62%), Vitamin E: 6.56mg (43.73%), Phosphorus: 433.16mg (43.32%), Vitamin K: 41.92µg (39.92%), Selenium: 27.3µg (38.99%), Vitamin B6: 0.78mg (38.86%), Fiber: 8.58g (34.3%), Magnesium: 134.98mg (33.75%), Vitamin A: 1385.86IU (27.72%), Zinc: 4.04mg (26.96%), Calcium: 268.01mg (26.8%), Vitamin B3: 5.24mg (26.22%), Potassium: 850.53mg (24.3%), Vitamin B2: 0.4mg (23.51%), Vitamin B5: 2.26mg (22.56%), Iron: 3.84mg (21.35%), Copper: 0.3mg (14.85%), Manganese: 0.28mg (13.94%), Vitamin B12: 0.58µg (9.68%), Folate: 32.48µg (8.12%)