

# Mexican Chili-Cheese Topper

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



676 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14.5 ounce canned tomatoes diced with green chilies, undrained canned
- 15 ounces chili sauce undrained canned
- 2 ounces monterrey jack cheese shredded
- 2 tablespoons spring onion sliced

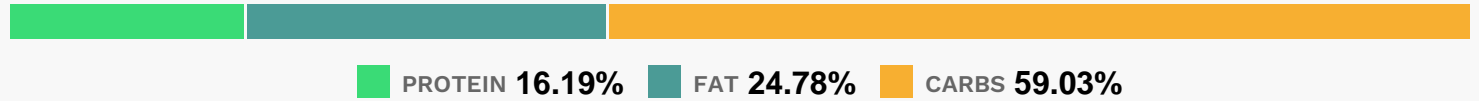
## Equipment

- sauce pan

## Directions

- Cook beans and tomatoes in 1-quart saucepan over medium heat 8 to 10 minutes, stirring occasionally, until hot; spoon onto potatoes.
- Sprinkle with cheese and onions.

## Nutrition Facts



## Properties

Glycemic Index:59, Glycemic Load:0.29, Inflammation Score:-10, Nutrition Score:41.778260873712%

## Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

## Nutrients (% of daily need)

Calories: 676.43kcal (33.82%), Fat: 19.01g (29.25%), Saturated Fat: 11.1g (69.37%), Carbohydrates: 101.91g (33.97%), Net Carbohydrates: 87.28g (31.74%), Sugar: 66.9g (74.34%), Cholesterol: 50.46mg (16.82%), Sodium: 6081.48mg (264.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.95g (55.9%), Vitamin C: 108.52mg (131.54%), Vitamin A: 3928.26IU (78.57%), Vitamin E: 11.17mg (74.49%), Potassium: 2425.25mg (69.29%), Calcium: 644.09mg (64.41%), Vitamin B6: 1.19mg (59.44%), Fiber: 14.63g (58.51%), Vitamin K: 60.29µg (57.42%), Phosphorus: 555.41mg (55.54%), Vitamin B3: 9.85mg (49.23%), Vitamin B2: 0.75mg (44.38%), Iron: 7.98mg (44.31%), Copper: 0.86mg (43.23%), Vitamin B1: 0.58mg (38.85%), Magnesium: 113.96mg (28.49%), Folate: 89.04µg (22.26%), Zinc: 3mg (20.02%), Selenium: 13.38µg (19.12%), Manganese: 0.34mg (17.1%), Vitamin B12: 0.47µg (7.84%), Vitamin B5: 0.61mg (6.13%), Vitamin D: 0.34µg (2.27%)