



Michael's Wonderful Nachos Grande

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



807 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups baked tortilla chips fat-free
- ☐ 30 ounce turkey chili with beans canned
- ☐ 1 pound pd of ground turkey
- ☐ 2 tablespoons jalapeno seeded chopped
- ☐ 1.5 cups onion chopped
- ☐ 1.5 cups bottled salsa
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 1.3 ounce taco seasoning reduced-sodium

☐ 1 tablespoon water

Equipment

☐ frying pan

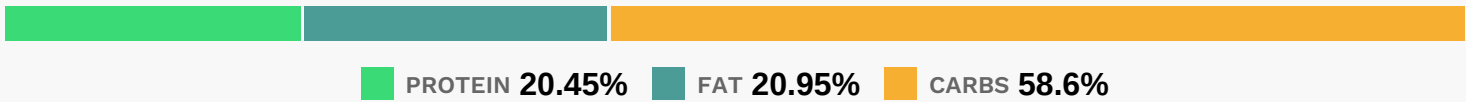
☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook the turkey, onion, and water in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Add chili and taco seasoning; reduce heat and simmer 10 minutes or until heated thoroughly.
- ☐ Line a 13 x 9-inch baking pan with chips. Spoon turkey mixture over chips; top with cheese.
- ☐ Bake at 350 for 10 minutes or until cheese melts.
- ☐ Sprinkle with chopped jalapeo, and cut into 6 wedges; serve with salsa.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:0.95, Inflammation Score:-9, Nutrition Score:32.794348084408%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 806.64kcal (40.33%), Fat: 19.21g (29.55%), Saturated Fat: 6.53g (40.81%), Carbohydrates: 120.88g (40.29%), Net Carbohydrates: 105.45g (38.34%), Sugar: 7.97g (8.86%), Cholesterol: 75.13mg (25.04%), Sodium: 2226.91mg (96.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.19g (84.37%), Phosphorus: 832.58mg (83.26%), Fiber: 15.43g (61.73%), Vitamin B6: 1.23mg (61.59%), Selenium: 40.08µg (57.26%), Magnesium: 214.34mg (53.58%), Vitamin B3: 9.17mg (45.86%), Iron: 8.07mg (44.82%), Zinc: 6.04mg (40.27%), Potassium: 1298.97mg

(37.11%), Vitamin B2: 0.63mg (36.88%), Calcium: 346.62mg (34.66%), Vitamin A: 1631.63IU (32.63%), Vitamin B5: 2.91mg (29.13%), Vitamin B1: 0.41mg (27.59%), Copper: 0.4mg (19.99%), Vitamin C: 15.42mg (18.69%), Vitamin E: 2.73mg (18.18%), Folate: 70.58µg (17.65%), Manganese: 0.33mg (16.27%), Vitamin B12: 0.49µg (8.1%), Vitamin K: 6.97µg (6.63%), Vitamin D: 0.36µg (2.39%)