



Microwave Nachos

 Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



849 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup sauce refrigerated with seasoned ground beef (from 18-oz container)
- 1 serving tortilla chips diced shredded sour ripe sliced (lettuce, tomatoes, avocado, olives, cream and/or salsa)
- 1 oz cheddar cheese shredded
- 1 cup tortilla chips

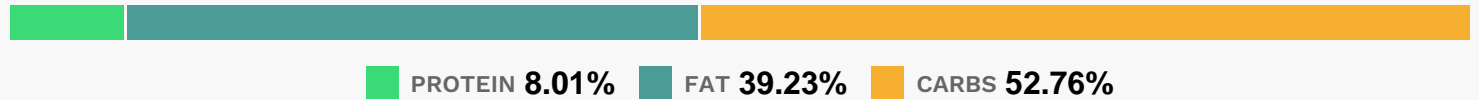
Equipment

- microwave

Directions

- On microwavable heavy paper plate or regular plate, arrange tortilla chips in single layer. Top evenly with ground beef and cheese.
- Microwave uncovered on High 1 minute to 1 minute 15 seconds, rotating plate once, until thoroughly heated and cheese is melted. Top with desired nacho toppings.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:15.009565156439%

Nutrients (% of daily need)

Calories: 848.61kcal (42.43%), Fat: 37.74g (58.06%), Saturated Fat: 8.84g (55.24%), Carbohydrates: 114.19g (38.06%), Net Carbohydrates: 106.47g (38.72%), Sugar: 15.13g (16.81%), Cholesterol: 26.93mg (8.98%), Sodium: 1350.89mg (58.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.35g (34.69%), Phosphorus: 445.92mg (44.59%), Vitamin E: 5.12mg (34.13%), Calcium: 338.4mg (33.84%), Magnesium: 127.21mg (31.8%), Fiber: 7.72g (30.89%), Vitamin K: 30.6µg (29.14%), Zinc: 2.83mg (18.84%), Vitamin B5: 1.77mg (17.65%), Selenium: 10.54µg (15.06%), Vitamin B1: 0.21mg (13.78%), Vitamin B6: 0.27mg (13.66%), Iron: 2.34mg (13%), Vitamin B2: 0.19mg (11.19%), Potassium: 284.36mg (8.12%), Copper: 0.15mg (7.29%), Vitamin B3: 1.23mg (6.15%), Vitamin B12: 0.35µg (5.81%), Folate: 20.85µg (5.21%), Vitamin A: 191.11IU (3.82%)