



Mini Pepper Nachos with Corn, Black Beans and Avocado



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium avocado diced
- ☐ 0.7 cup black beans
- ☐ 0.7 cup regular corn fresh canned thawed (grilled, charred, , or)
- ☐ 0.3 cup green onions
- ☐ 1 pound pasilla peppers mini halved seeded
- ☐ 0.7 cup your favourite salsa
- ☐ 4 servings salt and pepper to taste

☐ 1 cup cheddar cheese shredded

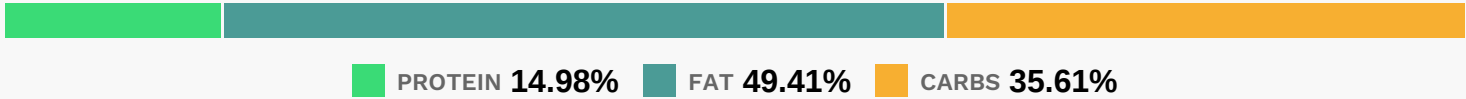
Equipment

☐ baking sheet

Directions

- ☐ Mix the corn, black beans, pico de gallo and avocado and season with salt and pepper. Arrange the peppers on a baking sheet, fill with the filling, sprinkle on the cheese and broil until the cheese has melted, about 2–4 minutes.
- ☐ Serve optionally garnished with green onions or cilantro.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:3.37, Inflammation Score:-10, Nutrition Score:23.850869505302%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 303.33kcal (15.17%), Fat: 17.82g (27.42%), Saturated Fat: 6.68g (41.76%), Carbohydrates: 28.9g (9.63%), Net Carbohydrates: 20.02g (7.28%), Sugar: 10.39g (11.54%), Cholesterol: 28.25mg (9.42%), Sodium: 657.28mg (28.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.31%), Vitamin C: 155.15mg (188.06%), Vitamin A: 4193.52IU (83.87%), Folate: 155.66µg (38.92%), Fiber: 8.89g (35.55%), Vitamin K: 29.8µg (28.38%), Vitamin B6: 0.52mg (26.23%), Phosphorus: 248.95mg (24.9%), Calcium: 226.54mg (22.65%), Vitamin E: 3.1mg (20.63%), Potassium: 689.04mg (19.69%), Manganese: 0.38mg (18.92%), Vitamin B2: 0.32mg (18.91%), Magnesium: 66.07mg (16.52%), Vitamin B1: 0.21mg (14.26%), Vitamin B5: 1.42mg (14.21%), Zinc: 2.1mg (13.99%), Vitamin B3: 2.6mg (13.02%), Selenium: 8.84µg (12.62%), Copper: 0.2mg (10.12%), Iron: 1.63mg (9.06%), Vitamin B12: 0.3µg (4.99%), Vitamin D: 0.17µg (1.13%)