



Nacho Casserole



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



612 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce black beans divided rinsed drained canned
- ☐ 7 ounce salsa green canned (salsa verde)
- ☐ 1 lime cut into wedges
- ☐ 8 ounce cup heavy whipping cream sour reduced-fat
- ☐ 7 ounce salsa casera canned
- ☐ 8 ounce mexican cheese blend shredded 2% divided
- ☐ 0.5 onion sweet chopped
- ☐ 14.5 ounce tortilla chips divided

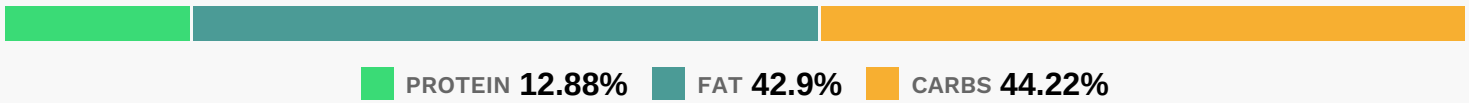
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Spread 1/2 the tortilla chips into a 10 1/2x6-inch baking dish; sprinkle with 1/2 the Mexican cheese blend.
- ☐ Layer 1/2 the black beans over cheese layer. Repeat layering with remaining tortilla chips, Mexican cheese blend, and black beans.
- ☐ Spread onion over bean layer; top with salsa verde and salsa casera.
- ☐ Bake in the preheated oven until cheese is melted, about 20 minutes. Top nachos with sour cream; serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.28, Inflammation Score:-7, Nutrition Score:17.623478360798%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

Nutrients (% of daily need)

Calories: 611.91kcal (30.6%), Fat: 29.79g (45.83%), Saturated Fat: 10.91g (68.18%), Carbohydrates: 69.08g (23.03%), Net Carbohydrates: 59.34g (21.58%), Sugar: 5.98g (6.65%), Cholesterol: 49.14mg (16.38%), Sodium: 1214.89mg (52.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.12g (40.24%), Phosphorus: 443.13mg (44.31%), Calcium: 418.29mg (41.83%), Fiber: 9.75g (38.98%), Magnesium: 103.7mg (25.92%), Vitamin E: 3.06mg (20.4%), Vitamin B2: 0.32mg (18.64%), Potassium: 651.93mg (18.63%), Zinc: 2.77mg (18.46%), Folate: 69.09µg (17.27%), Vitamin B1: 0.25mg (16.35%), Iron: 2.92mg (16.19%), Vitamin K: 16.99µg (16.18%), Selenium: 11.26µg (16.08%), Vitamin

A: 749.3IU (14.99%), Vitamin B6: 0.29mg (14.56%), Copper: 0.26mg (13.11%), Manganese: 0.23mg (11.63%), Vitamin B5: 1.15mg (11.54%), Vitamin C: 8.71mg (10.56%), Vitamin B12: 0.62µg (10.39%), Vitamin B3: 1.51mg (7.56%), Vitamin D: 0.26µg (1.76%)