



Nacho Pie

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



501 kcal

Ingredients

- 10.8 ounce condensed cream of cheddar cheese soup canned
- 30 ounce chili with beans canned
- 10.8 ounce milk canned
- 0.3 cup onion chopped
- 12 ounce tortilla chips

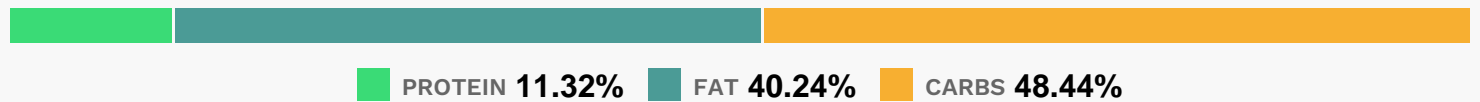
Equipment

- bowl
- sauce pan

Directions

- Heat chili in a medium saucepan over medium heat. Empty soup and milk into a small saucepan and heat through, stirring, until smooth and creamy.
- Crush tortilla chips into bottom of individual serving bowls. When chili and soup are hot, scoop chili over chips and pour soup over chili.
- Sprinkle with chopped onion and serve.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:1.04, Inflammation Score:-7, Nutrition Score:16.953043491944%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 500.66kcal (25.03%), Fat: 23.2g (35.69%), Saturated Fat: 6.69g (41.84%), Carbohydrates: 62.82g (20.94%), Net Carbohydrates: 53.01g (19.27%), Sugar: 5.67g (6.3%), Cholesterol: 32.22mg (10.74%), Sodium: 1211.62mg (52.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.35%), Phosphorus: 399.1mg (39.91%), Fiber: 9.82g (39.27%), Iron: 5.74mg (31.88%), Magnesium: 118.18mg (29.54%), Vitamin B5: 2.88mg (28.82%), Potassium: 936.08mg (26.75%), Zinc: 3.84mg (25.58%), Calcium: 206.98mg (20.7%), Vitamin E: 2.77mg (18.44%), Vitamin B6: 0.33mg (16.38%), Vitamin A: 766.5IU (15.33%), Vitamin B2: 0.26mg (15.32%), Vitamin K: 14.72µg (14.02%), Vitamin B1: 0.18mg (11.93%), Copper: 0.22mg (11.2%), Folate: 40.67µg (10.17%), Manganese: 0.2mg (10.03%), Selenium: 5.34µg (7.62%), Vitamin B3: 1.04mg (5.22%), Vitamin B12: 0.27µg (4.57%), Vitamin D: 0.56µg (3.72%), Vitamin C: 2.9mg (3.52%)