



## Nacho Pie II

 **Gluten Free**

READY IN



**35 min.**

SERVINGS



**6**

CALORIES



**701 kcal**

### Ingredients

- 8 ounce tomato sauce canned
- 15.5 ounce chili beans sauce canned
- 1 pound ground beef
- 4 cups nacho-flavor tortilla chips crushed
- 6 servings salt and pepper to taste
- 1 cup mexican cheese blend shredded

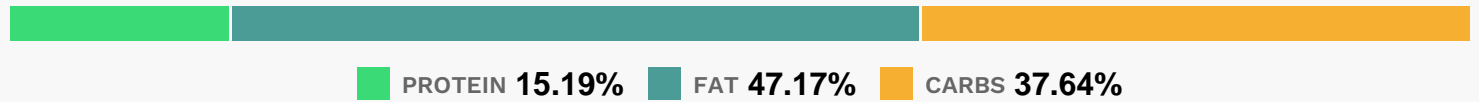
### Equipment

- frying pan
- oven

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a 9 inch pie plate.
- Spread crushed tortilla chips in the bottom of the prepared pie plate.
- Cook ground beef and onion in a large skillet over medium-high heat until meat is well browned.
- Drain fat. Season with salt and pepper. Spoon mixture over chips. Top meat with chili beans, tomato sauce, and cheese.
- Bake pie, uncovered, until filling is hot and the cheese is melted, 15 to 17 minutes.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:20.437825881917%

## Nutrients (% of daily need)

Calories: 700.83kcal (35.04%), Fat: 37.16g (57.16%), Saturated Fat: 11.25g (70.31%), Carbohydrates: 66.69g (22.23%), Net Carbohydrates: 58.91g (21.42%), Sugar: 6.02g (6.69%), Cholesterol: 71.41mg (23.8%), Sodium: 1319.35mg (57.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.93g (53.85%), Phosphorus: 496.7mg (49.67%), Zinc: 6.33mg (42.19%), Vitamin B6: 0.63mg (31.38%), Fiber: 7.78g (31.13%), Vitamin B12: 1.85µg (30.91%), Magnesium: 120.55mg (30.14%), Selenium: 18.69µg (26.7%), Vitamin E: 3.76mg (25.07%), Iron: 4.47mg (24.83%), Calcium: 246mg (24.6%), Potassium: 801.38mg (22.9%), Vitamin B3: 4.5mg (22.49%), Vitamin B2: 0.36mg (21.14%), Vitamin K: 19.2µg (18.29%), Copper: 0.35mg (17.67%), Vitamin B5: 1.45mg (14.51%), Vitamin B1: 0.18mg (12.17%), Folate: 39.36µg (9.84%), Vitamin A: 297.77IU (5.96%), Vitamin C: 3.89mg (4.72%), Manganese: 0.05mg (2.63%), Vitamin D: 0.17µg (1.13%)