



Nacho Platter Ole

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz cheez whiz cheese dip
- 14 oz chili canned
- 16 oz taco bellâ® refried beans canned
- 12 oz tortilla chips

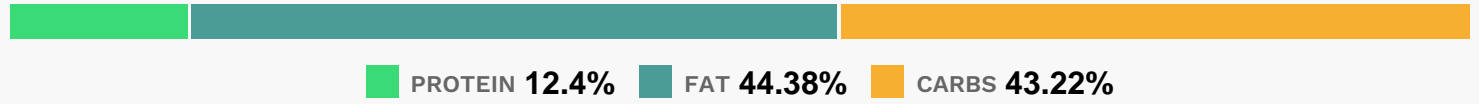
Equipment

- microwave

Directions

- Spread beans onto center of large serving platter. Arrange chips around beans.
- Heat chili as directed on label; pour over beans.
- Microwave CHEEZ WHIZ as directed on label; pour over chips and chili.

Nutrition Facts



Properties

Glycemic Index:5.6, Glycemic Load:1.65, Inflammation Score:-5, Nutrition Score:7.8699999633043%

Nutrients (% of daily need)

Calories: 216.14kcal (10.81%), Fat: 10.76g (16.56%), Saturated Fat: 4.36g (27.26%), Carbohydrates: 23.59g (7.86%), Net Carbohydrates: 20.61g (7.5%), Sugar: 4.23g (4.71%), Cholesterol: 21.26mg (7.09%), Sodium: 715.01mg (31.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Vitamin C: 38.14mg (46.23%), Phosphorus: 290.9mg (29.09%), Calcium: 139.5mg (13.95%), Fiber: 2.98g (11.91%), Vitamin A: 461.66IU (9.23%), Vitamin B6: 0.17mg (8.72%), Vitamin K: 8.44µg (8.04%), Vitamin E: 0.98mg (6.55%), Magnesium: 25.14mg (6.28%), Vitamin B2: 0.11mg (6.27%), Zinc: 0.85mg (5.64%), Potassium: 194.52mg (5.56%), Iron: 0.94mg (5.24%), Vitamin B1: 0.05mg (3.39%), Vitamin B5: 0.32mg (3.22%), Copper: 0.06mg (2.81%), Vitamin B3: 0.52mg (2.6%), Manganese: 0.05mg (2.47%), Folate: 8.81µg (2.2%), Selenium: 1.13µg (1.61%)