



Nachos

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 oz milk velveeta® 2%
- 2 Tbsp taco bell® & chunky salsa thick
- 16 wheat snack crackers reduced-fat thin

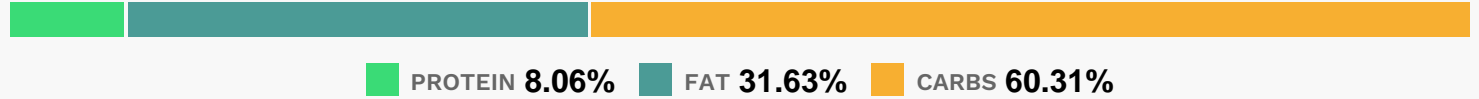
Equipment

- bowl
- microwave

Directions

- Microwave VELVEETA and salsa in small microwaveable bowl on HIGH 30 sec. or until VELVEETA is melted, stirring after 15 sec. Stir until blended.
- Serve with crackers for dipping.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.5, Inflammation Score:-2, Nutrition Score:2.8526086677676%

Nutrients (% of daily need)

Calories: 170.17kcal (8.51%), Fat: 6.1g (9.38%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 26.15g (8.72%), Net Carbohydrates: 23.45g (8.53%), Sugar: 6.8g (7.55%), Cholesterol: 3.4mg (1.13%), Sodium: 481.17mg (20.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (6.99%), Fiber: 2.7g (10.78%), Calcium: 64.15mg (6.41%), Iron: 0.9mg (5%), Vitamin A: 218.73IU (4.37%), Vitamin B6: 0.08mg (4.03%), Phosphorus: 40.15mg (4.02%), Potassium: 135.4mg (3.87%), Vitamin E: 0.45mg (3.02%), Vitamin B2: 0.05mg (2.98%), Vitamin B12: 0.15µg (2.55%), Magnesium: 8.8mg (2.2%), Vitamin B3: 0.43mg (2.16%), Manganese: 0.04mg (2.09%), Vitamin D: 0.31µg (2.08%), Vitamin B1: 0.03mg (1.9%), Vitamin B5: 0.18mg (1.78%), Vitamin K: 1.6µg (1.52%), Zinc: 0.19mg (1.25%), Selenium: 0.86µg (1.23%), Copper: 0.02mg (1.18%)