



## Nachos

 Vegetarian  Gluten Free

READY IN



9 min.

SERVINGS



4

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup salsa old el paso® (any variety)
- 4 ounces cheddar cheese shredded
- 28 tortilla chips

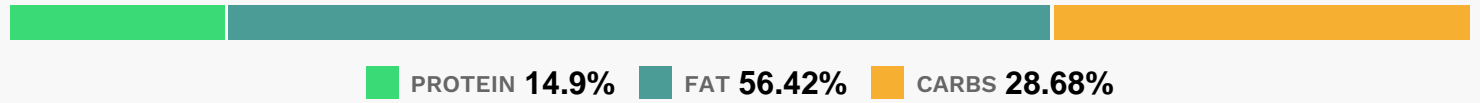
### Equipment

- baking sheet
- oven
- aluminum foil

## Directions

- Heat oven to 400°F. Line cookie sheet with aluminum foil.
- Place tortilla chips on cookie sheet.
- Sprinkle with cheese and chilies.
- Bake about 4 minutes or until cheese is melted. Top with salsa.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:5.860434744669%

## Nutrients (% of daily need)

Calories: 219.5kcal (10.97%), Fat: 14.02g (21.56%), Saturated Fat: 6.04g (37.73%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 14.6g (5.31%), Sugar: 0.88g (0.97%), Cholesterol: 28.35mg (9.45%), Sodium: 360.89mg (15.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.66%), Calcium: 227.24mg (22.72%), Phosphorus: 182.29mg (18.23%), Selenium: 9.09µg (12.99%), Zinc: 1.36mg (9.08%), Vitamin B2: 0.14mg (8.52%), Vitamin E: 1.15mg (7.68%), Vitamin A: 362.69IU (7.25%), Magnesium: 27.73mg (6.93%), Fiber: 1.43g (5.71%), Vitamin K: 5.75µg (5.48%), Vitamin B12: 0.3µg (5.01%), Vitamin B6: 0.09mg (4.29%), Vitamin B5: 0.4mg (3.99%), Potassium: 101.97mg (2.91%), Vitamin B1: 0.04mg (2.89%), Iron: 0.43mg (2.4%), Folate: 9.12µg (2.28%), Copper: 0.04mg (2.01%), Vitamin B3: 0.37mg (1.86%), Vitamin D: 0.17µg (1.13%), Manganese: 0.02mg (1.06%)