



## Nachos

 Vegetarian  Gluten Free

READY IN



9 min.

SERVINGS



4

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup chilis green chopped
- 0.3 cup salsa (any variety)
- 4 ounces cheddar cheese shredded
- 28 tortilla chips

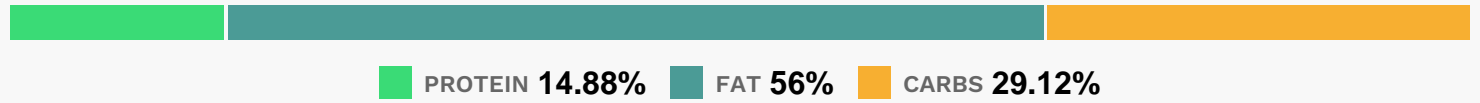
## Equipment

- baking sheet
- oven
- aluminum foil

## Directions

- Heat oven to 400F. 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:-4, Nutrition Score:6.2173913509949%

## Nutrients (% of daily need)

Calories: 221.32kcal (11.07%), Fat: 14.04g (21.6%), Saturated Fat: 6.04g (37.74%), Carbohydrates: 16.42g (5.47%), Net Carbohydrates: 14.85g (5.4%), Sugar: 0.88g (0.97%), Cholesterol: 28.35mg (9.45%), Sodium: 395.38mg (17.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.79%), Calcium: 230.37mg (23.04%), Phosphorus: 183.25mg (18.32%), Selenium: 9.12µg (13.03%), Zinc: 1.37mg (9.14%), Vitamin B2: 0.15mg (8.68%), Vitamin E: 1.15mg (7.68%), Vitamin A: 373.64IU (7.47%), Magnesium: 28.08mg (7.02%), Fiber: 1.57g (6.3%), Vitamin K: 5.75µg (5.48%), Vitamin B12: 0.3µg (5.01%), Vitamin B6: 0.1mg (4.81%), Vitamin B5: 0.41mg (4.06%), Vitamin C: 3.28mg (3.98%), Folate: 13.81µg (3.45%), Potassium: 111.79mg (3.19%), Iron: 0.55mg (3.05%), Vitamin B1: 0.04mg (2.95%), Vitamin B3: 0.43mg (2.14%), Copper: 0.04mg (2.01%), Vitamin D: 0.17µg (1.13%), Manganese: 0.02mg (1.06%)