



Nachos Bell Rarebit

 Vegetarian

READY IN

ready

50 min.

SERVINGS

servings

4

CALORIES

calories

821 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 12 ounce black beans drained and rinsed canned
- ☐ 1 teaspoon chili powder blend
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 green onions thinly sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 0.8 cup lager
- ☐ 1 cup monterey jack shredded
- ☐ 1 cup jalapeño peppers sliced
- ☐ 1 cup mexican cheese blend shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 teaspoon sriracha
- ☐ 0.5 cup tomatoes diced seeded
- ☐ 9 ounces tortilla chips such as donkey chips
- ☐ 1 tablespoons vegetable oil
- ☐ 0.5 cup milk whole

Equipment

- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ microwave

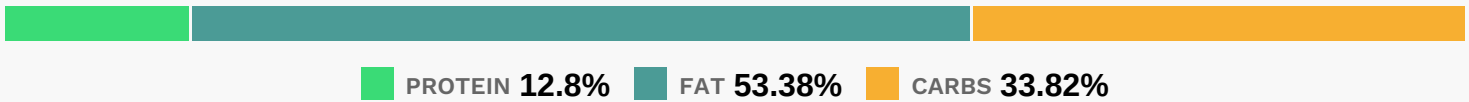
Directions

- ☐ Watch how to make this recipe.
- ☐ Heat up a large skillet over medium heat.
- ☐ Add the oil, and then the chili powder and cumin. Stir a few seconds, and then add the black beans.
- ☐ Saute until heated through, 3 to 4 minutes.
- ☐ Pile the chips high on 2 microwave-safe plates.
- ☐ Add the Mexican cheese and place in the microwave for 15 seconds to melt the cheese.
- ☐ Sprinkle the warm beans over the chips and cheese. Then ladle warm Beerbit Sauce over the top.
- ☐ Sprinkle some green onions, tomatoes, cilantro, jalapenos and some dollops of sour cream.

- ☐
- Serve to your guests while making an "oink" sound.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:92.38, Glycemic Load:4.64, Inflammation Score:-9, Nutrition Score:24.445217256961%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 821.35kcal (41.07%), Fat: 49.02g (75.41%), Saturated Fat: 21.47g (134.16%), Carbohydrates: 69.86g (23.29%), Net Carbohydrates: 58.9g (21.42%), Sugar: 4.87g (5.41%), Cholesterol: 94.94mg (31.65%), Sodium: 1570.36mg (68.28%), Alcohol: 1.73g (100%), Alcohol %: 0.56% (100%), Protein: 26.45g (52.9%), Calcium: 582.97mg (58.3%), Phosphorus: 566.81mg (56.68%), Fiber: 10.96g (43.85%), Vitamin K: 41.89µg (39.9%), Vitamin A: 1858.05IU (37.16%), Vitamin B2: 0.51mg (29.81%), Magnesium: 118.89mg (29.72%), Vitamin E: 3.62mg (24.13%), Iron: 4.3mg (23.86%), Folate: 95.01µg (23.75%), Selenium: 16.42µg (23.46%), Zinc: 3.51mg (23.4%), Vitamin B1: 0.32mg (21.13%), Potassium: 671.25mg (19.18%), Manganese: 0.35mg (17.71%), Vitamin B6: 0.35mg (17.54%), Copper: 0.33mg (16.59%), Vitamin B5: 1.48mg (14.77%), Vitamin B12: 0.83µg (13.84%), Vitamin C: 10.46mg (12.68%), Vitamin B3: 2.1mg (10.48%), Vitamin D: 0.64µg (4.3%)