



Nachos for a Crowd

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz pepper flakes canned
- ☐ 0.5 c cup heavy whipping cream dried diced sour
- ☐ 1 bell pepper green chopped
- ☐ 0.5 cup sauce
- ☐ 0.5 cup jalapeno sliced
- ☐ 10 oz lettuce shredded
- ☐ 0.5 c olives diced green black sliced canned
- ☐ 1 onion diced

- ☐ 8 oz cheddar cheese shredded
- ☐ 13.5 oz tortilla chips

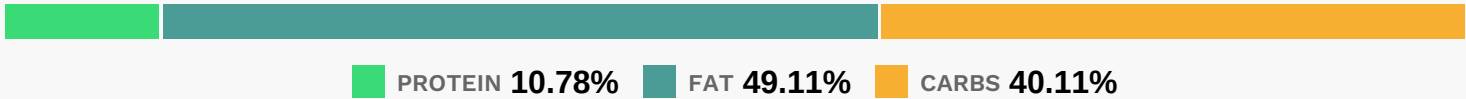
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Arrange chips on a large microwave-safe plate; set aside.
- ☐ Heat chili in a microwave-safe bowl on high setting for one minute; stir. Microwave for another minute; set aside.
- ☐ Sprinkle tortilla chips with cheese; microwave on high setting for 30 seconds. Spoon chili and queso sauce over cheese; sprinkle with lettuce, onion and peppers. Top with black olives and green chiles, if desired.
- ☐ Add a dollop of sour cream; sprinkle with tomato and chives.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:3.12, Inflammation Score:-9, Nutrition Score:21.980869541997%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 592.63kcal (29.63%), Fat: 33.34g (51.28%), Saturated Fat: 13.07g (81.7%), Carbohydrates: 61.25g (20.42%), Net Carbohydrates: 54.95g (19.98%), Sugar: 12.41g (13.78%), Cholesterol: 58.32mg (19.44%), Sodium: 868.76mg (37.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.92%), Vitamin C: 129.49mg (156.95%), Vitamin K: 39.31µg (37.43%), Phosphorus: 372.19mg (37.22%), Calcium: 361.18mg (36.12%), Vitamin A: 1653.28IU

(33.07%), Vitamin B6: 0.62mg (31.2%), Vitamin E: 3.88mg (25.85%), Fiber: 6.3g (25.22%), Magnesium: 90.21mg (22.55%), Vitamin B2: 0.29mg (17.14%), Zinc: 2.39mg (15.95%), Potassium: 546.7mg (15.62%), Selenium: 9.7µg (13.85%), Vitamin B1: 0.2mg (13.16%), Iron: 2.32mg (12.87%), Folate: 51.19µg (12.8%), Manganese: 0.26mg (12.76%), Vitamin B5: 1.15mg (11.54%), Copper: 0.21mg (10.7%), Vitamin B3: 1.77mg (8.85%), Vitamin B12: 0.5µg (8.28%), Vitamin D: 0.51µg (3.38%)