



Nachos Grande

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



8

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce campbell's® condensed cheddar cheese soup canned
- 1 pound ground beef
- 1 small onion chopped
- 0.5 cup & chunky salsa thick pace®
- 1 medium tomatoes chopped
- 5 cups tortilla chips

Equipment

- frying pan

sauce pan

Directions

Stir the soup and salsa in a 2-quart saucepan.

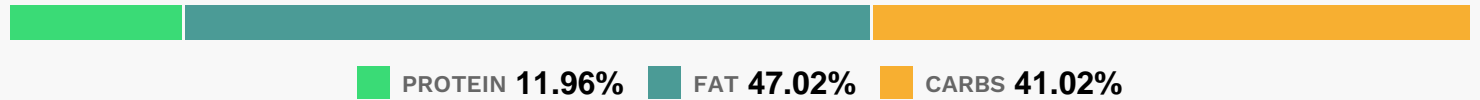
Cook the beef and onion in a 12-inch skillet over medium-high heat until the beef is well browned, stirring often to separate meat.

Pour off any fat. Stir 1/2 cup soup mixture into the skillet. Cook until the beef mixture is hot and bubbling.

Heat the remaining soup mixture over medium heat until it's hot and bubbling.

Place the chips onto a serving platter and top with the beef mixture. Spoon the soup mixture over the beef mixture. Top with the tomato and jalapeno pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:12.609565263209%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 525.1kcal (26.26%), Fat: 27.82g (42.81%), Saturated Fat: 7g (43.73%), Carbohydrates: 54.62g (18.21%), Net Carbohydrates: 49.81g (18.11%), Sugar: 2.57g (2.85%), Cholesterol: 41.78mg (13.93%), Sodium: 581.07mg (25.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.83%), Phosphorus: 262.73mg (26.27%), Zinc: 3.44mg (22.9%), Vitamin E: 3.05mg (20.35%), Vitamin B12: 1.21µg (20.22%), Fiber: 4.81g (19.25%), Magnesium: 75.02mg (18.75%), Vitamin B6: 0.36mg (18.16%), Vitamin K: 17.97µg (17.12%), Selenium: 11.86µg (16.94%), Vitamin B3: 3.28mg (16.41%), Potassium: 547.23mg (15.64%), Iron: 2.32mg (12.89%), Vitamin B5: 1.19mg (11.94%), Calcium: 106.68mg (10.67%), Vitamin B1: 0.14mg (9.36%), Vitamin B2: 0.14mg (8.51%), Vitamin A: 361.93IU (7.24%), Copper: 0.13mg (6.37%), Folate: 17.21µg (4.3%), Vitamin C: 3.06mg (3.71%), Manganese: 0.05mg (2.64%)