



## Nachos Grande

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 400 grams canned tomatoes canned
- 1.5 cups cheddar cheese grated
- 0.5 teaspoon chili powder
- 2 tablespoons corn oil
- 3 garlic clove crushed
- 0.5 bell pepper green chopped
- 1 to 2 chilies slit fresh green chopped
- 0.3 teaspoon ground cumin

- 1 onion finely chopped
- 1 teaspoon paprika
- 4 servings bell pepper
- 4 servings bell pepper
- 13 oz refried beans canned
- 2 cups tortilla chips
- 5 tablespoons water

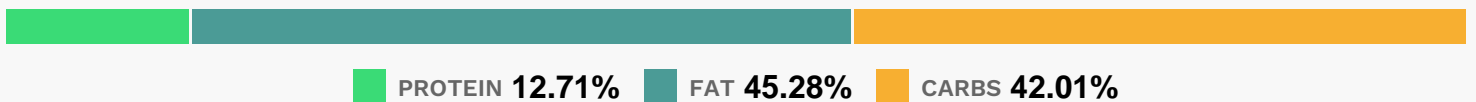
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oil in a skillet, add the onion, green pepper, and garlic, and cook gently, stirring occasionally, for 5 minutes or until soft but not browned.
- Add the tomatoes and chili and cook over medium heat for 5 minutes, or until most of the liquid has evaporated. Stir in the chili powder and paprika and cook for 3 minutes, then add the refried beans, breaking them up with a fork.
- Add the measured water and cook, stirring occasionally, for 8–10 minutes, until the mixture thickens. Spoon the beans into the middle of a baking dish, arrange the tortilla chips around the edge and sprinkle with cumin.
- Sprinkle the cheese over the beans and tortilla chips.
- Bake at 400 degrees for 15–20 minutes, until the cheese has melted.
- Sprinkle the paprika for garnish in a lattice pattern on top and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:63.75, Glycemic Load:7.42, Inflammation Score:-10, Nutrition Score:31.596956521739%

## Flavonoids

Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg

## Nutrients (% of daily need)

Calories: 661.59kcal (33.08%), Fat: 34.23g (52.66%), Saturated Fat: 10.48g (65.52%), Carbohydrates: 71.48g (23.83%), Net Carbohydrates: 58.06g (21.11%), Sugar: 15.54g (17.27%), Cholesterol: 42.38mg (14.13%), Sodium: 1178.45mg (51.24%), Protein: 21.61g (43.23%), Vitamin C: 215.98mg (261.8%), Vitamin A: 5760.76IU (115.22%), Fiber: 13.42g (53.67%), Vitamin E: 7.3mg (48.65%), Calcium: 450.96mg (45.1%), Vitamin B6: 0.83mg (41.32%), Phosphorus: 411.53mg (41.15%), Vitamin K: 30.51µg (29.06%), Folate: 104.45µg (26.11%), Magnesium: 104.33mg (26.08%), Vitamin B2: 0.43mg (25.22%), Potassium: 838.38mg (23.95%), Manganese: 0.46mg (23.09%), Iron: 4.09mg (22.72%), Selenium: 15.82µg (22.6%), Zinc: 3.12mg (20.82%), Vitamin B1: 0.28mg (18.46%), Vitamin B3: 3.39mg (16.94%), Vitamin B5: 1.68mg (16.83%), Copper: 0.32mg (15.78%), Vitamin B12: 0.45µg (7.49%), Vitamin D: 0.25µg (1.69%)