



Nachos Pronto

 **Gluten Free**

READY IN



10 min.

SERVINGS



10

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup milk cheddar cheese shredded 2% kraft
- 3 slices oscar mayer deli turkey breast smoked fresh chopped
- 1 large romaine leaves shredded
- 1 Tbsp lite ranch dressing kraft
- 2 Tbsp taco bellâ® taco sauce
- 1 oz bite-size tortilla chips (20)

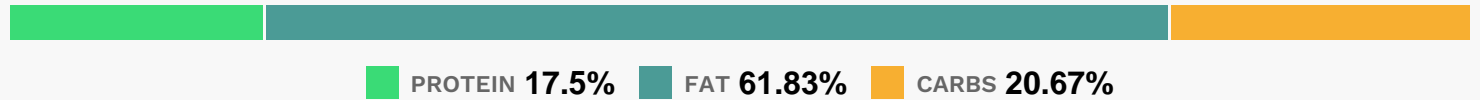
Equipment

- microwave

Directions

- Spread chips onto large microwaveable plate; top evenly with turkey and cheese.
- Microwave on HIGH 30 sec. or until cheese is slightly melted.
- Top with lettuce.
- Drizzle evenly with taco sauce and dressing.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:1.3378260854794%

Nutrients (% of daily need)

Calories: 44.32kcal (2.22%), Fat: 3.07g (4.73%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 2.13g (0.78%), Sugar: 0.2g (0.23%), Cholesterol: 6.79mg (2.26%), Sodium: 88.51mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin A: 226.14IU (4.52%), Calcium: 44.01mg (4.4%), Phosphorus: 41.32mg (4.13%), Vitamin K: 2.74µg (2.61%), Selenium: 1.43µg (2.05%), Zinc: 0.26mg (1.73%), Vitamin B2: 0.03mg (1.62%), Magnesium: 4.92mg (1.23%), Vitamin B12: 0.07µg (1.15%), Vitamin E: 0.17mg (1.13%)