



Nachos with All the Fixings

 Gluten Free

READY IN



4500 min.

SERVINGS



12

CALORIES



868 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 servings beer
- ☐ 30 ounce black beans rinsed canned
- ☐ 8 ounces cotija cheese crumbled
- ☐ 1 cup cilantro leaves fresh
- ☐ 12 servings guacamole
- ☐ 12 servings hot sauce hot (such as Cholula)
- ☐ 12 servings jalapeño peppers
- ☐ 12 servings pico de gallo

- ☐ 1 bunch radishes thinly sliced
- ☐ 12 servings chilies dried
- ☐ 3 pounds cheese shredded (such as sharp cheddar and Monterey Jack)
- ☐ 2 cups cream sour with 1/3 cup water
- ☐ 12 servings salsa verde
- ☐ 27 ounce tortilla chips
- ☐ 1 large onion white chopped

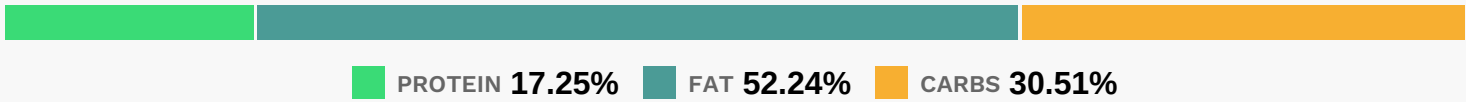
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350°F. Coat 2 large rimmedbaking sheets with nonstick spray. Dividingevenly between baking sheets, layer chips,carnitas, beans, onion, and shredded cheese,mounding in the center. DO AHEAD: Nachoscan be assembled up to 1 hour before baking.
- ☐ Working with 1 sheet at a time, bake untilcheese is melted, 20–25 minutes.
- ☐ Sprinklewith Cotija cheese, radishes, and cilantro.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:18.79, Glycemic Load:1.18, Inflammation Score:–9, Nutrition Score:26.147391454033%

Flavonoids

Pelargonidin: 2.63mg, Pelargonidin: 2.63mg, Pelargonidin: 2.63mg, Pelargonidin: 2.63mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 867.61kcal (43.38%), Fat: 50.99g (78.45%), Saturated Fat: 23.18g (144.89%), Carbohydrates: 67.02g (22.34%), Net Carbohydrates: 57.98g (21.09%), Sugar: 7.91g (8.79%), Cholesterol: 129.02mg (43.01%), Sodium: 1813.61mg (78.85%), Alcohol: 0.04g (100%), Alcohol %: 0.01% (100%), Protein: 37.9g (75.79%), Calcium: 802.63mg (80.26%), Phosphorus: 721.86mg (72.19%), Vitamin B12: 2.99µg (49.76%), Vitamin B2: 0.7mg (40.93%), Selenium: 27.41µg (39.15%), Fiber: 9.03g (36.13%), Zinc: 5.3mg (35.37%), Vitamin A: 1757.81IU (35.16%), Magnesium: 111.89mg (27.97%), Vitamin K: 22.52µg (21.44%), Vitamin E: 2.74mg (18.28%), Folate: 72.94µg (18.24%), Vitamin B1: 0.27mg (17.9%), Potassium: 605.96mg (17.31%), Iron: 3.11mg (17.3%), Vitamin B6: 0.32mg (16.2%), Vitamin B5: 1.42mg (14.16%), Manganese: 0.24mg (12.21%), Copper: 0.24mg (11.95%), Vitamin C: 7.11mg (8.61%), Vitamin B3: 1.47mg (7.34%), Vitamin D: 0.53µg (3.53%)