



Nachos with Cheesy Beef

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup olives black sliced
- 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 0.3 cup guacamole
- 0.5 lb ground beef lean
- 0.3 cup onions chopped
- 0.3 cup jalapeño peppers sliced
- 0.5 cup taco bellâ® & chunky salsa thick
- 0.3 cup tomatoes chopped

4 oz tortilla chips

Equipment

frying pan

microwave

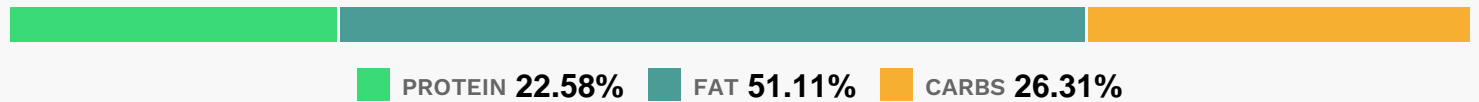
Directions

Brown meat in skillet; drain. Stir in salsa; simmer 2 min., stirring occasionally.

Arrange chips on large microwaveable plate; top with meat mixture and cheese.

Microwave on HIGH 2 to 3 min. or until cheese is melted, rotating plate after each minute. Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:9.47, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:4.0926087174727%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 101.59kcal (5.08%), Fat: 5.87g (9.03%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 5.76g (2.1%), Sugar: 0.69g (0.77%), Cholesterol: 16.91mg (5.64%), Sodium: 176.59mg (7.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.67%), Phosphorus: 88.35mg (8.83%), Zinc: 1.21mg (8.05%), Selenium: 5.22µg (7.46%), Vitamin B12: 0.42µg (6.98%), Calcium: 67.84mg (6.78%), Vitamin B6: 0.12mg (5.77%), Vitamin B3: 1.1mg (5.51%), Vitamin E: 0.67mg (4.44%), Vitamin B2: 0.07mg (4.3%), Fiber: 1.03g (4.14%), Magnesium: 15.25mg (3.81%), Vitamin C: 3.12mg (3.78%), Potassium: 129.51mg (3.7%), Vitamin K: 3.47µg (3.3%), Vitamin A: 162.16IU (3.24%), Iron: 0.58mg (3.21%), Vitamin B5: 0.3mg (3.02%), Copper: 0.04mg (2.09%), Folate: 8.16µg (2.04%), Vitamin B1: 0.03mg (1.92%), Manganese: 0.03mg (1.36%)