



Neelys' Barbeque Nachos

 Popular

READY IN



10 min.

SERVINGS



5

CALORIES



809 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 4 ounce jalapeños drained sliced canned
- ☐ 0.5 tablespoon ground mustard
- ☐ 0.5 tablespoon ground pepper fresh black
- ☐ 2 cups catsup
- ☐ 1 tablespoon juice of lemon
- ☐ 5 tablespoons brown sugar light
- ☐ 4 ounces nacho cheese dip melted

- ☐ 0.5 tablespoon onion powder
- ☐ 3.8 tablespoons onion powder
- ☐ 1.5 cups paprika
- ☐ 6 ounces fatty pork chopped
- ☐ 5 tablespoons sugar
- ☐ 1 bag tortilla chips
- ☐ 1 cup water
- ☐ 0.8 cup sugar white
- ☐ 1 tablespoon worcestershire sauce

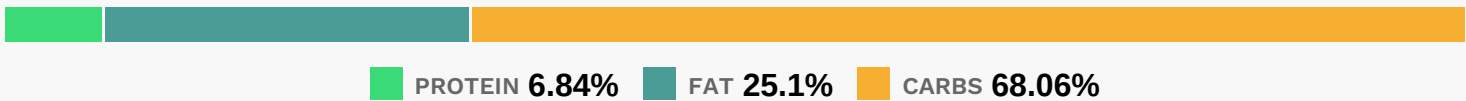
Equipment

- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Mound tortilla chips in a pile on a platter.
- ☐ Sprinkle with Neely's Seasoning.
- ☐ Spread chopped pork, beef or chicken on top of chips.
- ☐ Sprinkle with seasoning again and pour the Neely's Barbecue Sauce onto meat. Top with the melted nacho cheese.
- ☐ Lightly sprinkle more Neely's Barbecue Seasoning onto cheese. Top with jalapenos for additional spice.
- ☐ Mix all ingredients together.
- ☐ In a large saucepan, combine all ingredients and mix well. Bring mixture to a boil, reduce heat to simmer. Cooked uncovered, stirring frequently every 15 minutes, for 1 hour and 15 minutes.

Nutrition Facts



Properties

Glycemic Index:45.44, Glycemic Load:30.41, Inflammation Score:-10, Nutrition Score:33.48478253121%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 808.54kcal (40.43%), Fat: 24.36g (37.47%), Saturated Fat: 4.12g (25.78%), Carbohydrates: 148.63g (49.54%), Net Carbohydrates: 131.93g (47.98%), Sugar: 80.19g (89.1%), Cholesterol: 14.29mg (4.76%), Sodium: 1729.5mg (75.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.95g (29.9%), Vitamin A: 16988.98IU (339.78%), Vitamin E: 13.3mg (88.64%), Fiber: 16.69g (66.78%), Vitamin B6: 1.11mg (55.52%), Iron: 9.4mg (52.2%), Vitamin K: 46.37µg (44.16%), Manganese: 0.88mg (43.97%), Vitamin B2: 0.65mg (38.24%), Potassium: 1332.6mg (38.07%), Magnesium: 142.78mg (35.69%), Phosphorus: 325.31mg (32.53%), Vitamin B3: 6.45mg (32.27%), Copper: 0.49mg (24.34%), Calcium: 222.39mg (22.24%), Zinc: 3.04mg (20.24%), Vitamin B5: 1.92mg (19.16%), Vitamin B1: 0.26mg (17.38%), Selenium: 10.67µg (15.24%), Vitamin C: 9.8mg (11.88%), Folate: 42.17µg (10.54%)