



## Over the Top Nachos

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



728 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound ground beef
- 1 jalapeno fresh sliced
- 1 onion diced finely
- 16 ounce refried beans canned
- 6 servings salt and pepper to taste
- 2 cups cheddar cheese shredded
- 14.5 ounce tortilla chips

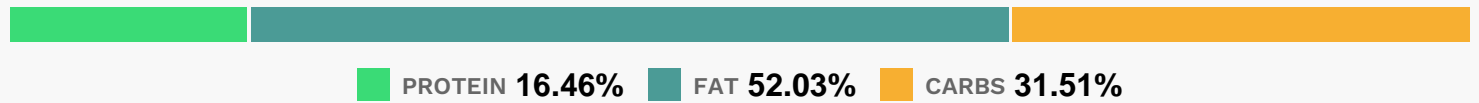
## Equipment

- frying pan
- microwave

## Directions

- In a large frying pan, brown ground beef with onion, salt and pepper over medium heat. Break the meat into very small pieces while it is cooking. After the meat is thoroughly cooked, drain off the grease.
- Arrange chips on a microwavable platter.
- Spread beans over the chips.
- Layer with 1/2 of the cheese, the ground beef mixture, and remaining cheese. Arrange jalapeno peppers on top.
- Microwave on medium-high until cheese has melted.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:20.83, Glycemic Load:2.61, Inflammation Score:-6, Nutrition Score:18.294347820075%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

## Nutrients (% of daily need)

Calories: 727.74kcal (36.39%), Fat: 42.14g (64.82%), Saturated Fat: 14.97g (93.55%), Carbohydrates: 57.42g (19.14%), Net Carbohydrates: 50.17g (18.24%), Sugar: 3.42g (3.8%), Cholesterol: 91.34mg (30.45%), Sodium: 1150.99mg (50.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30g (59.99%), Phosphorus: 452.03mg (45.2%), Calcium: 382.1mg (38.21%), Zinc: 5.52mg (36.82%), Selenium: 25.12µg (35.88%), Vitamin B12: 2.02µg (33.62%), Fiber: 7.25g (29.01%), Vitamin B6: 0.42mg (21.23%), Magnesium: 82.76mg (20.69%), Vitamin E: 3.1mg (20.65%), Vitamin B2: 0.33mg (19.56%), Vitamin B3: 3.84mg (19.2%), Iron: 3.29mg (18.3%), Vitamin K: 17.09µg (16.27%), Vitamin B5: 1.38mg (13.77%), Potassium: 390.4mg (11.15%), Vitamin B1: 0.15mg (9.91%), Vitamin A: 467.74IU (9.35%), Copper: 0.13mg (6.67%), Folate: 25.54µg (6.38%), Vitamin C: 4.12mg (5%), Vitamin D: 0.3µg (2.01%),

Manganese: 0.04mg (1.89%)