



Plantain Nachos



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup olives black sliced
- ☐ 0.3 cilantro leaves fresh chopped
- ☐ 0.3 cup jalapeño
- ☐ 0.5 pound monterrey jack cheese shredded
- ☐ 5 plantain chips made from plantains. green (See recipe here)
- ☐ 0.5 pound cheddar cheese shredded
- ☐ 0.3 cup tomatoes diced
- ☐ 0.3 cup onions white finely chopped

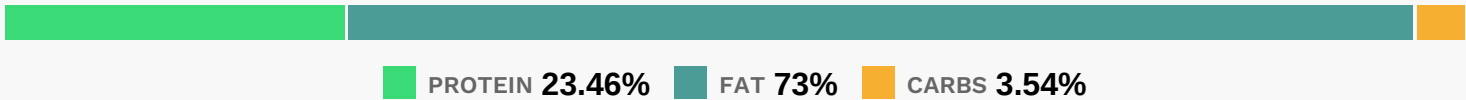
Equipment

☐ oven

Directions

- ☐ Place a single layer of plantain chips on the bottom of an oven safe tray.
- ☐ Sprinkle some of the cheddar and Monterey jack cheese on top.
- ☐ Place diced onion and jalapeño slices on top of the cheese. Repeat with the remaining plantain chips, cheese, jalapeños and onions to create 3 more layers, making each layer slightly narrower than the previous one.reheat the oven to 350°F.
- ☐ Bake in oven for 10 minutes, or until cheese is melted.
- ☐ Remove from the oven and sprinkle diced tomatoes, olives and cilantro on top.
- ☐ Serve with guacamole on the side.

Nutrition Facts



Properties

Glycemic Index:41.22, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:9.832608881204%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 310.43kcal (15.52%), Fat: 25.32g (38.96%), Saturated Fat: 14.64g (91.48%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 2.24g (0.81%), Sugar: 0.95g (1.05%), Cholesterol: 71.44mg (23.81%), Sodium: 566.57mg (24.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.63%), Calcium: 554.88mg (55.49%), Phosphorus: 346.26mg (34.63%), Selenium: 16.28µg (23.26%), Vitamin B2: 0.32mg (18.85%), Zinc: 2.55mg (17.03%), Vitamin A: 789.43IU (15.79%), Vitamin B12: 0.71µg (11.91%), Vitamin C: 5.87mg (7.11%), Magnesium: 23.11mg (5.78%), Vitamin E: 0.77mg (5.12%), Folate: 18.36µg (4.59%), Vitamin B6: 0.09mg (4.4%), Vitamin K: 3.4µg (3.24%), Vitamin D: 0.45µg (3.02%), Potassium: 99.85mg (2.85%), Vitamin B5: 0.27mg (2.67%), Iron: 0.41mg (2.29%), Fiber: 0.52g

(2.07%), Copper: 0.04mg (1.99%), Vitamin B1: 0.03mg (1.69%), Manganese: 0.03mg (1.47%)