



Potato Nachos

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large baking potatoes
- 0.5 cup to 2 chilies slit green chopped
- 0.5 cup spring onion sliced
- 8 ounces sauce
- 0.5 cup olives ripe sliced
- 0.1 teaspoon salt
- 0.5 cup cheddar cheese shredded

Equipment

microwave

broiler pan

Directions

Scrub potato and cut into 1/4-in. slices. Arrange slices in a single layer on a greased broiler pan; sprinkle with salt. Broil 4 in. from the heat until golden brown. Turn potatoes; broil until tender.

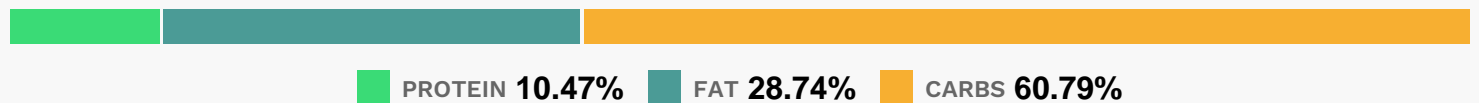
Drizzle with taco sauce; sprinkle with green onions, chilies, cheese and olives. Broil until cheese is melted.

Microwave Method: Arrange potato slices in a single layer on a microwave-safe plate; sprinkle with salt.

Drizzle with half of the taco sauce. Cover and cook on high for 3-1/2 minutes or until tender, rotating plate once.

Drizzle with remaining taco sauce; sprinkle with green onions, chilies, cheese and olives. Cover and cook for 30 seconds or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:71.88, Glycemic Load:26.79, Inflammation Score:-7, Nutrition Score:16.241304350936%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 466.42kcal (23.32%), Fat: 15.08g (23.2%), Saturated Fat: 6.17g (38.53%), Carbohydrates: 71.75g (23.92%), Net Carbohydrates: 66.35g (24.13%), Sugar: 29.45g (32.72%), Cholesterol: 28.25mg (9.42%), Sodium: 2355.47mg (102.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.36g (24.71%), Vitamin K: 56.22µg (53.54%), Vitamin B6: 0.68mg (34.09%), Calcium: 259.35mg (25.94%), Potassium: 874.32mg (24.98%), Phosphorus: 241.46mg (24.15%), Vitamin C: 19.72mg (23.9%), Fiber: 5.4g (21.6%), Manganese: 0.33mg (16.64%), Magnesium: 58.78mg (14.69%), Vitamin A: 666.8IU (13.34%), Selenium: 9.19µg (13.12%), Copper: 0.26mg (13.04%), Vitamin B2: 0.21mg (12.23%), Folate: 48.78µg (12.19%), Iron: 2.17mg (12.05%), Vitamin B1: 0.18mg (12.02%), Zinc: 1.68mg (11.22%), Vitamin

E: 1.65mg (11.02%), Vitamin B3: 2.14mg (10.68%), Vitamin B5: 0.7mg (6.99%), Vitamin B12: 0.3µg (4.99%), Vitamin D:
0.17µg (1.13%)