



## Potato Nugget Nachos

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 32 oz potato nuggets frozen
- 6.3 oz taco seasoning
- 8 oz cheddar cheese shredded
- 2 tablespoons cilantro leaves fresh chopped
- 16 oz salsa thick
- 0.5 cup cream sour

### Equipment

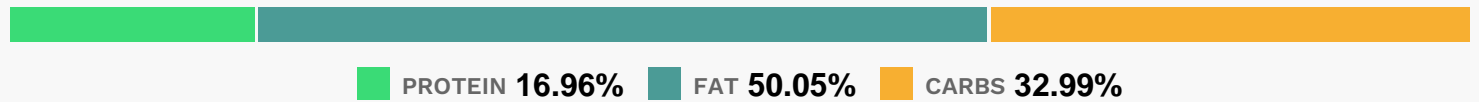
- frying pan

- oven
- toothpicks
- aluminum foil

## Directions

- Heat oven to 450°F. Line 17x12-inch half-sheet pan with foil.
- Bake potato nuggets as directed on package.
- Sprinkle potato nuggets with taco seasoning mix; toss to coat.
- Sprinkle with cheese.
- Bake 2 minutes longer or until cheese is melted. Use foil to lift nachos to serving platter.
- Sprinkle with cilantro.
- Serve immediately with salsa and sour cream. Use toothpicks, if desired.

## Nutrition Facts



## Properties

Glycemic Index:3.2, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:11.086521910584%

## Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 331.88kcal (16.59%), Fat: 20.12g (30.96%), Saturated Fat: 6.16g (38.5%), Carbohydrates: 29.84g (9.95%), Net Carbohydrates: 18.89g (6.87%), Sugar: 9.13g (10.14%), Cholesterol: 28.33mg (9.44%), Sodium: 1868.35mg (81.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.34g (30.67%), Iron: 10.6mg (58.9%), Fiber: 10.95g (43.81%), Vitamin A: 2106.39IU (42.13%), Potassium: 627.37mg (17.92%), Calcium: 178.36mg (17.84%), Phosphorus: 122.63mg (12.26%), Vitamin C: 8.96mg (10.86%), Vitamin B2: 0.11mg (6.24%), Selenium: 4.24µg (6.05%), Zinc: 0.81mg (5.41%), Vitamin B12: 0.3µg (5.05%), Vitamin B6: 0.1mg (4.93%), Vitamin E: 0.66mg (4.37%), Magnesium: 13.64mg (3.41%), Manganese: 0.06mg (2.89%), Vitamin K: 2.89µg (2.75%), Vitamin B3: 0.55mg (2.73%), Vitamin B5: 0.19mg (1.87%), Copper: 0.04mg (1.87%), Vitamin B1: 0.02mg (1.56%), Folate: 5.5µg (1.38%)