

Power Nachos



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado diced
- ☐ 15.5 oz .5 can cannellini beans divided rinsed drained canned
- ☐ 1 rib celery thinly sliced
- ☐ 4 ounces cheddar cheese grated reduced-fat
- ☐ 1 tablespoon cilantro leaves finely chopped for garnish
- ☐ 3 tablespoons juice of lime fresh divided
- ☐ 1 teaspoon olive oil
- ☐ 0.3 onion red thinly sliced

- ☐ 4 servings salsa (for serving)
- ☐ 4 ounces multigrain tortilla chips

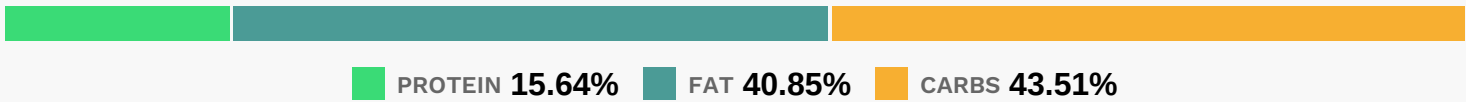
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400F.
- ☐ In a medium bowl, mash the oil, 1 cup beans, chopped cilantro, and 2 TBSP lime juice. In another bowl, toss the celery, onion, 3/4 cup beans, and 1 TBSP lime juice.
- ☐ Spread chips on a baking sheet; cover with the cheese.
- ☐ Bake until cheese melts.
- ☐ Top the hot nachos with the bean mixtures, avocado, and salsa; garnish with cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:6.14, Inflammation Score:-7, Nutrition Score:18.012608751007%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 440.02kcal (22%), Fat: 20.61g (31.71%), Saturated Fat: 7.01g (43.82%), Carbohydrates: 49.39g (16.46%), Net Carbohydrates: 40g (14.55%), Sugar: 2.63g (2.93%), Cholesterol: 28.35mg (9.45%), Sodium: 504.13mg (21.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.75g (35.5%), Fiber: 9.39g (37.55%), Manganese: 0.66mg (33.1%), Calcium: 329.88mg (32.99%), Phosphorus: 322.92mg (32.29%), Folate: 108.49µg (27.12%), Magnesium: 102.29mg (25.57%), Potassium: 826.31mg (23.61%), Iron: 4.09mg (22.7%), Vitamin E: 3.19mg (21.28%), Zinc: 2.92mg (19.47%), Vitamin K: 20.35µg (19.38%), Copper: 0.37mg (18.48%), Selenium: 11.5µg (16.43%), Vitamin B6: 0.29mg (14.68%), Vitamin B2: 0.24mg (13.99%), Vitamin B1: 0.19mg (12.64%), Vitamin B5: 1.12mg (11.17%), Vitamin A: 532.61IU (10.65%), Vitamin C: 7.34mg (8.9%), Vitamin B3: 1.23mg (6.15%), Vitamin B12: 0.3µg (5.01%), Vitamin D: 0.17µg (1.13%)