



Pulled Pork Party Nachos



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



8

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz black beans rinsed canned
- 2 green onions chopped
- 1 cup pico de gallo
- 11.5 oz oscar mayer carving board hickory seasoned pulled pork smoked
- 8 oz tortilla chips
- 8 oz authentic cheeses shredded mexican style kraft finely
- 8 oz authentic cheeses shredded mexican style kraft finely

Equipment

baking sheet

oven

Directions

Heat oven to 350F.

Spread tortilla chips onto rimmed baking sheet; top with meat, beans, onions and cheese.

Bake 5 min. or until cheese begins to melt.

Top with pico de gallo.

Nutrition Facts



PROTEIN 14.82% **FAT 28.86%** **CARBS 56.32%**

Properties

Glycemic Index:4, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:6.523478248845%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 271.71kcal (13.59%), Fat: 9g (13.84%), Saturated Fat: 1.78g (11.14%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 34.24g (12.45%), Sugar: 8.88g (9.87%), Cholesterol: 17.52mg (5.84%), Sodium: 739.79mg (32.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.4g (20.8%), Fiber: 5.28g (21.1%), Phosphorus: 122.3mg (12.23%), Vitamin K: 12.14µg (11.56%), Magnesium: 43.02mg (10.75%), Iron: 1.85mg (10.29%), Folate: 37.75µg (9.44%), Vitamin B1: 0.12mg (7.72%), Calcium: 71.19mg (7.12%), Vitamin E: 1.02mg (6.78%), Copper: 0.13mg (6.6%), Manganese: 0.13mg (6.43%), Potassium: 223.59mg (6.39%), Vitamin C: 4.35mg (5.27%), Vitamin B2: 0.09mg (5.06%), Zinc: 0.69mg (4.6%), Vitamin A: 227.04IU (4.54%), Vitamin B5: 0.44mg (4.36%), Vitamin B6: 0.08mg (4.09%), Vitamin B3: 0.58mg (2.91%), Selenium: 1.96µg (2.79%)