



Quick Chili-Cheese Nachos

 Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup cheez whiz cheese dip
- 15 oz chili canned
- 8 oz tortilla chips

Equipment

- microwave

Directions

- Microwave CHEEZ WHIZ and heat chili as directed on labels.
- Layer 1/2 of the tortilla chips, 1/2 of the hot chili and 1/2 of the CHEEZ WHIZ on serving platter. Repeat layers.

Nutrition Facts

PROTEIN 10.77% **FAT 45.5%** **CARBS 43.73%**

Properties

Glycemic Index:5.63, Glycemic Load:1.75, Inflammation Score:-7, Nutrition Score:11.695217485013%

Nutrients (% of daily need)

Calories: 236.69kcal (11.83%), Fat: 12.31g (18.94%), Saturated Fat: 4.69g (29.33%), Carbohydrates: 26.62g (8.87%), Net Carbohydrates: 24.21g (8.8%), Sugar: 5.02g (5.58%), Cholesterol: 22.18mg (7.39%), Sodium: 582.18mg (25.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.11%), Vitamin C: 76.5mg (92.73%), Phosphorus: 325.01mg (32.5%), Vitamin B6: 0.32mg (15.99%), Calcium: 143.66mg (14.37%), Vitamin A: 698.82IU (13.98%), Vitamin K: 13.37µg (12.73%), Fiber: 2.42g (9.67%), Vitamin E: 1.37mg (9.12%), Magnesium: 36.04mg (9.01%), Potassium: 293.73mg (8.39%), Vitamin B2: 0.14mg (8.03%), Zinc: 1.01mg (6.76%), Iron: 1.03mg (5.75%), Vitamin B1: 0.08mg (5.2%), Manganese: 0.1mg (4.97%), Copper: 0.1mg (4.8%), Vitamin B3: 0.9mg (4.49%), Vitamin B5: 0.44mg (4.43%), Folate: 15.63µg (3.91%), Selenium: 1.51µg (2.16%)