



## Quick Nachos

 Vegetarian  Gluten Free

READY IN



12 min.

SERVINGS



12

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup green onions sliced
- 0.3 cup bell pepper green chopped
- 1 cup cheddar cheese shredded kraft
- 0.5 cup tomatoes chopped
- 3 cups tortilla chips

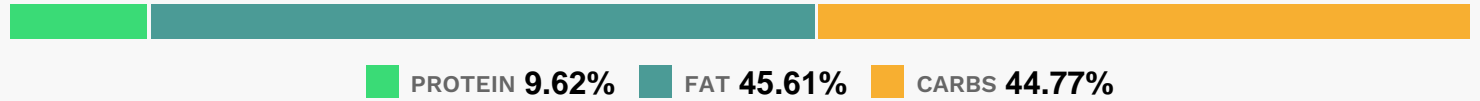
## Equipment

- microwave

## Directions

- Arrange chips on microwavable plate. Top with tomato, green pepper and onions; sprinkle with cheese.
- Microwave on HIGH 1 to 2 minutes or until cheese is melted, rotating plate after each minute.

## Nutrition Facts



## Properties

Glycemic Index:8.92, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:4.3573912796767%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 176.52kcal (8.83%), Fat: 9.17g (14.11%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 18.53g (6.74%), Sugar: 0.54g (0.6%), Cholesterol: 9.42mg (3.14%), Sodium: 156.62mg (6.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.71%), Phosphorus: 110.7mg (11.07%), Vitamin K: 11.27µg (10.73%), Calcium: 99.48mg (9.95%), Vitamin E: 1.14mg (7.61%), Magnesium: 28.1mg (7.03%), Fiber: 1.73g (6.94%), Selenium: 3.94µg (5.63%), Zinc: 0.77mg (5.1%), Vitamin C: 3.74mg (4.53%), Vitamin B5: 0.39mg (3.9%), Vitamin B2: 0.07mg (3.85%), Vitamin A: 179.19IU (3.58%), Vitamin B6: 0.07mg (3.56%), Vitamin B1: 0.05mg (3.21%), Iron: 0.51mg (2.83%), Potassium: 85.47mg (2.44%), Folate: 8µg (2%), Copper: 0.04mg (1.92%), Vitamin B12: 0.1µg (1.66%), Vitamin B3: 0.31mg (1.54%)