



## Quick Nachos

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**375 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

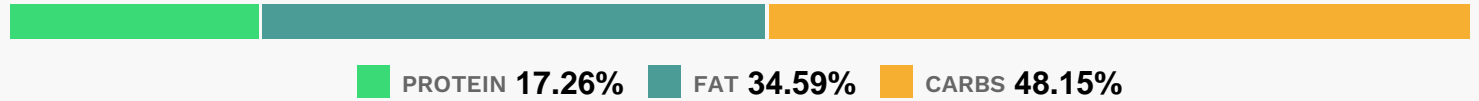
- 4 ounces baked tortilla chips
- 0.3 cup green onions sliced
- 2 cups iceberg lettuce thinly sliced
- 1 cup warm chile con queso dip
- 16 ounce refried beans fat-free canned
- 0.3 cup cup heavy whipping cream fat-free sour

## Equipment

## Directions

- Place chips on a large serving platter.
- Heat refried beans according to label directions, and spread warm beans over chips.
- Pour Chile Con Queso Dip over beans, and top with lettuce, green onions, and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:25.75, Glycemic Load:3.23, Inflammation Score:-6, Nutrition Score:10.529130412185%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

## Nutrients (% of daily need)

Calories: 374.55kcal (18.73%), Fat: 14.1g (21.69%), Saturated Fat: 8g (49.99%), Carbohydrates: 44.17g (14.72%), Net Carbohydrates: 37.14g (13.5%), Sugar: 7.9g (8.78%), Cholesterol: 45.65mg (15.22%), Sodium: 1764.52mg (76.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.83g (31.66%), Phosphorus: 590.04mg (59%), Calcium: 323.78mg (32.38%), Fiber: 7.04g (28.15%), Vitamin K: 21.67µg (20.64%), Vitamin A: 787.16IU (15.74%), Vitamin B2: 0.26mg (15.11%), Iron: 1.83mg (10.15%), Zinc: 1.45mg (9.64%), Potassium: 305.62mg (8.73%), Magnesium: 32.71mg (8.18%), Selenium: 5.29µg (7.55%), Vitamin B1: 0.09mg (5.75%), Folate: 20.56µg (5.14%), Vitamin B6: 0.07mg (3.64%), Vitamin C: 2.48mg (3%), Manganese: 0.05mg (2.75%), Copper: 0.05mg (2.38%), Vitamin E: 0.32mg (2.12%), Vitamin B3: 0.21mg (1.03%)