



Quick Potato Nachos

 **Gluten Free**

READY IN



35 min.

SERVINGS



4

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup olives black sliced
- ☐ 0.3 cup black beans canned rinsed drained
- ☐ 3 tablespoons chiles green canned chopped
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.3 cup green onions sliced
- ☐ 1.5 pounds russet potatoes cut into 1/2-inch wedges
- ☐ 1 teaspoon seasoning blend mexican-style
- ☐ 1 cup mexican cheese blend shredded

- ☐ 0.3 cup tomatoes diced
- ☐ 1.5 tablespoons vegetable oil

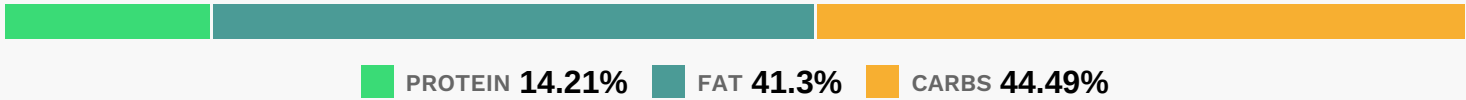
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Combine potatoes, oil, Mexican seasoning, and garlic salt together in a bowl; stir to coat potatoes completely.
- ☐ Spread potatoes in a single layer on a baking sheet.
- ☐ Bake in the preheated oven, stirring occasionally, until potatoes are crisp and golden brown, 25 to 30 minutes.
- ☐ Transfer potatoes to a plate and top with Mexican cheese blend, black beans, diced tomatoes, black olives, green onions, and green chiles.

Nutrition Facts



Properties

Glycemic Index:39.94, Glycemic Load:24.38, Inflammation Score:-5, Nutrition Score:14.07043480614%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 311.02kcal (15.55%), Fat: 14.65g (22.54%), Saturated Fat: 5.79g (36.18%), Carbohydrates: 35.52g (11.84%), Net Carbohydrates: 31.3g (11.38%), Sugar: 1.89g (2.1%), Cholesterol: 26.6mg (8.87%), Sodium: 688.49mg (29.93%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.34g (22.69%), Vitamin K: 34.59µg (32.95%), Vitamin B6: 0.65mg (32.5%), Calcium: 244.12mg (24.41%), Potassium: 837.38mg (23.93%), Phosphorus: 235.75mg (23.57%), Vitamin C: 16.31mg (19.77%), Manganese: 0.38mg (19.06%), Fiber: 4.22g (16.88%), Iron: 2.6mg (14.43%), Magnesium: 56.87mg (14.22%), Folate: 48.66µg (12.16%), Copper: 0.23mg (11.58%), Vitamin B1: 0.17mg (11.53%), Vitamin B3: 2.09mg (10.47%), Vitamin B2: 0.18mg (10.31%), Zinc: 1.48mg (9.88%), Vitamin A: 394.83IU (7.9%), Vitamin E: 1.14mg (7.57%), Selenium: 5.22µg (7.46%), Vitamin B5: 0.64mg (6.37%), Vitamin B12: 0.34µg (5.74%)