



Reggae reggae nachos



Vegetarian



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



831 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp olive oil
- ☐ 1 onion diced red
- ☐ 0.5 scotch bonnet chilli deseeded finely chopped
- ☐ 400 g tomatoes chopped canned
- ☐ 0.5 tomato sauce with a good 1 tablespoon tabasco
- ☐ 0.5 tsp allspice
- ☐ 400 g tortilla chip
- ☐ 200 g jalapeno chilli sliced

- ☐ 250 g mozzarella cheese
- ☐ 1 small handful coriander chopped
- ☐ 230 g guacamole fresh
- ☐ 0.5 ml pot soured cream

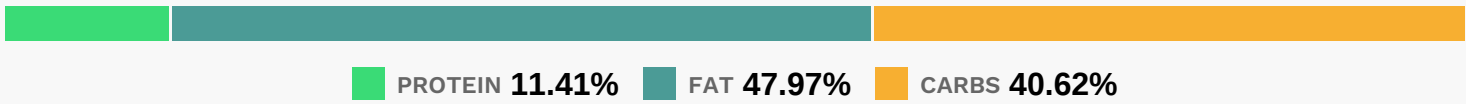
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Heat the oil in a frying pan, then soften the onion and chilli for a few mins. Stir in the tomatoes, tomato sauce and allspice. Bubble for 1 min, then remove from the heat.
- ☐ Take a large ovenproof dish or plate and pile on the tortilla chips. Cover with the tomato sauce, then sprinkle with the sliced jalapeos and mozzarella.
- ☐ Place in oven for about 15 mins until cheese is melted. Scatter with coriander.
- ☐ Serve with guacamole and soured cream on the side.

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:4.06, Inflammation Score:-9, Nutrition Score:31.862608780032%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg

Nutrients (% of daily need)

Calories: 830.52kcal (41.53%), Fat: 45.92g (70.65%), Saturated Fat: 12.68g (79.26%), Carbohydrates: 87.51g (29.17%), Net Carbohydrates: 74.39g (27.05%), Sugar: 9.51g (10.57%), Cholesterol: 49.45mg (16.48%), Sodium: 859.93mg (37.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.13%), Vitamin C: 78.45mg (95.1%), Vitamin E: 8.24mg (54.96%), Phosphorus: 530.54mg (53.05%), Fiber: 13.12g (52.48%), Vitamin K: 53.71µg (51.15%), Calcium: 477.43mg (47.74%), Vitamin B6: 0.75mg (37.54%), Magnesium: 144.32mg (36.08%), Potassium: 977.79mg (27.94%), Vitamin A: 1345.98IU (26.92%), Zinc: 3.97mg (26.47%), Vitamin B5: 2.55mg (25.5%), Vitamin B2: 0.42mg (24.66%), Folate: 95.69µg (23.92%), Vitamin B12: 1.43µg (23.75%), Selenium: 16.22µg (23.17%), Copper: 0.44mg (21.76%), Vitamin B1: 0.31mg (20.45%), Iron: 3.66mg (20.31%), Vitamin B3: 3.83mg (19.16%), Manganese: 0.38mg (19.06%), Vitamin D: 0.25µg (1.67%)