



Salsa Verde Corn Chip Pie

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



893 kcal

Ingredients

- ☐ 9 oz chiles green chopped canned
- ☐ 16 oz navy beans drained and rinsed canned
- ☐ 2 teaspoons chili powder
- ☐ 6 servings toppings: cilantro
- ☐ 6 cups original corn chips
- ☐ 2 cups kernel corn whole yellow frozen thawed
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons juice of lime fresh
- ☐ 5 teaspoons olive oil divided

- ☐ 4 oz pepper jack cheese shredded
- ☐ 9 oz garlic pork sausage links
- ☐ 16 oz salsa verde
- ☐ 1 medium size onion sweet chopped

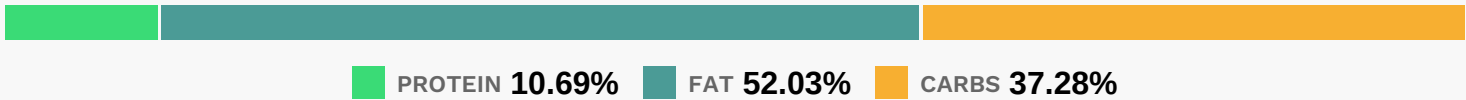
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Saut corn in 3 tsp. hot olive oil in a large skillet over medium heat 3 to 4 minutes or until corn begins to char.
- ☐ Remove corn from skillet.
- ☐ Saut sausage in skillet over medium-high heat 6 to 8 minutes or until browned.
- ☐ Remove from skillet, and drain on paper towels.
- ☐ Saut onion in remaining 2 tsp. hot oil in skillet over medium-high heat 4 to 5 minutes or until tender. Stir in chili powder and cumin; cook, stirring often, 2 to 3 minutes. Stir in salsa, chiles, and sausage. Cook over medium heat, stirring often, 7 to 8 minutes or until slightly thickened.
- ☐ Remove from heat; stir in beans, lime juice, and corn.
- ☐ Divide chips among 6 plates. Spoon sausage mixture over chips; top with half of cheese.
- ☐ Serve with toppings and remaining cheese.
- ☐ Note: We tested with Herdez Salsa Verde and Fritos Original Corn Chips.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.04, Inflammation Score:-8, Nutrition Score:23.243043422699%

Flavonoids

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg

Nutrients (% of daily need)

Calories: 892.5kcal (44.63%), Fat: 52.29g (80.44%), Saturated Fat: 11.85g (74.05%), Carbohydrates: 84.27g (28.09%), Net Carbohydrates: 75.39g (27.41%), Sugar: 8.18g (9.09%), Cholesterol: 47.44mg (15.81%), Sodium: 1984.85mg (86.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.18g (48.36%), Vitamin E: 7.85mg (52.35%), Phosphorus: 457.83mg (45.78%), Manganese: 0.76mg (38.17%), Fiber: 8.88g (35.54%), Calcium: 335.24mg (33.52%), Magnesium: 124.75mg (31.19%), Vitamin C: 23.3mg (28.24%), Folate: 108.67µg (27.17%), Vitamin B6: 0.51mg (25.5%), Iron: 4.24mg (23.57%), Zinc: 3.51mg (23.37%), Potassium: 815.74mg (23.31%), Selenium: 14.38µg (20.54%), Vitamin B1: 0.31mg (20.48%), Vitamin B3: 3.96mg (19.79%), Vitamin A: 915IU (18.3%), Copper: 0.34mg (16.89%), Vitamin B2: 0.28mg (16.2%), Vitamin K: 11.61µg (11.06%), Vitamin B5: 1.05mg (10.54%), Vitamin B12: 0.52µg (8.64%), Vitamin D: 0.67µg (4.44%)