



Skillet Nachos

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chili beans sauce (from 15-ounce can)
- 1 cup bell pepper green chopped
- 6 ounces monterrey jack cheese shredded
- 4 servings olives ripe sliced
- 1 cup salsa thick
- 4 ounces tortilla chips
- 1 tablespoon vegetable oil
- 1 cup zucchini chopped

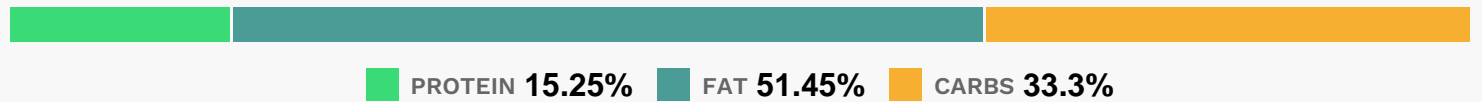
Equipment

frying pan

Directions

- In 12-inch skillet, heat oil over high heat.
- Add bell pepper and zucchini; cook and stir about 2 minutes or until vegetables are crisp-tender. Stir in 1/2 cup of the salsa and the beans; cook until hot.
- Remove mixture from skillet.
- Wipe skillet clean. Arrange tortilla chips in single layer in skillet. Spoon vegetable mixture onto chips.
- Sprinkle with cheese.
- Cover and cook over medium-high heat about 5 minutes or until cheese is melted.
- Sprinkle with olives.
- Serve with remaining 1/2 cup salsa.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.29, Inflammation Score:-8, Nutrition Score:18.002608786459%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 444.4kcal (22.22%), Fat: 26.13g (40.2%), Saturated Fat: 10g (62.48%), Carbohydrates: 38.04g (12.68%), Net Carbohydrates: 31.08g (11.3%), Sugar: 8.01g (8.9%), Cholesterol: 37.85mg (12.62%), Sodium: 1548.69mg (67.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.43g (34.86%), Vitamin C: 37.81mg (45.83%), Calcium: 404.17mg (40.42%), Phosphorus: 390.83mg (39.08%), Fiber: 6.96g (27.84%), Vitamin B6: 0.51mg (25.48%), Vitamin E: 3.25mg (21.68%), Zinc: 3.22mg (21.45%), Magnesium: 85.01mg (21.25%), Vitamin B2: 0.34mg (20.14%), Potassium: 692.86mg (19.8%), Vitamin K: 20.59µg (19.61%), Vitamin A: 925.88IU (18.52%), Copper: 0.31mg

(15.39%), Iron: 2.53mg (14.04%), Selenium: 9.06µg (12.95%), Folate: 41.87µg (10.47%), Manganese: 0.18mg (8.92%),
Vitamin B1: 0.13mg (8.9%), Vitamin B3: 1.6mg (7.99%), Vitamin B5: 0.66mg (6.61%), Vitamin B12: 0.36µg (5.99%),
Vitamin D: 0.26µg (1.7%)