



Skillet Nachos



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

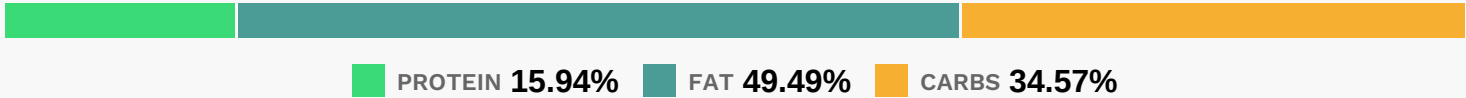
Equipment

☐ 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:-7, Nutrition Score:17.525652336038%

Flavonoids

Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg 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: 422.65kcal (21.13%), Fat: 23.84g (36.67%), Saturated Fat: 9.69g (60.57%), Carbohydrates: 37.46g (12.49%), Net Carbohydrates: 31g (11.27%), Sugar: 7.93g (8.81%), Cholesterol: 37.85mg (12.62%), Sodium: 1314.69mg (57.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.28g (34.55%), Vitamin C: 37.81mg (45.83%), Calcium: 396.37mg (39.64%), Phosphorus: 390.23mg (39.02%), Fiber: 6.47g (25.86%), Vitamin B6: 0.5mg (25.25%), Zinc: 3.21mg (21.41%), Magnesium: 83.36mg (20.84%), Vitamin B2: 0.34mg (20.08%), Potassium: 686.56mg (19.62%), Vitamin K: 20.38µg (19.41%), Vitamin E: 2.68mg (17.87%), Vitamin A: 866.93IU (17.34%), Copper:

0.29mg (14.49%), Iron: 2.45mg (13.63%), Selenium: 8.93µg (12.75%), Folate: 41.42µg (10.35%), Manganese: 0.18mg (8.92%), Vitamin B1: 0.13mg (8.69%), Vitamin B3: 1.56mg (7.82%), Vitamin B5: 0.66mg (6.58%), Vitamin B12: 0.36µg (5.99%), Vitamin D: 0.26µg (1.7%)