



Slow-Cooker Spicy Cheeseburger Nachos

 Gluten Free

READY IN



260 min.

SERVINGS



22

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 oz canned tomatoes diced with green chiles, drained canned
- 1 clove garlic minced
- 0.5 cup spring onion chopped (8 medium)
- 1 lb ground beef 80% lean (at least)
- 32 oz mexican cheese blend with jalapeño peppers, cut into cubes prepared
- 22 oz tortilla chips

Equipment

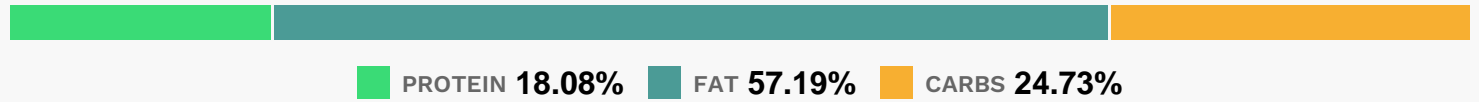
- frying pan

slow cooker

Directions

- In 10-inch skillet, cook ground beef and garlic, stirring frequently, until beef is thoroughly cooked; drain. Spoon into 3 1/2- to 4-quart slow cooker.
- Add cheese and tomatoes; mix well.
- Cover; cook on Low heat setting 3 to 4 hours, stirring after 2 hours.
- Before serving, stir in onions.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:2.82, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:9.4678262264832%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 339.11kcal (16.96%), Fat: 21.78g (33.51%), Saturated Fat: 9.39g (58.71%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 19.33g (7.03%), Sugar: 1.4g (1.55%), Cholesterol: 53.81mg (17.94%), Sodium: 360.06mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.49g (30.99%), Calcium: 315.38mg (31.54%), Phosphorus: 282.92mg (28.29%), Zinc: 2.54mg (16.94%), Vitamin B12: 0.95µg (15.81%), Selenium: 10.58µg (15.12%), Vitamin K: 12.78µg (12.17%), Vitamin B2: 0.2mg (11.63%), Magnesium: 40.95mg (10.24%), Vitamin E: 1.38mg (9.17%), Vitamin B6: 0.17mg (8.71%), Iron: 1.36mg (7.56%), Fiber: 1.85g (7.4%), Vitamin B3: 1.35mg (6.76%), Vitamin A: 325.42IU (6.51%), Vitamin B5: 0.57mg (5.75%), Potassium: 197.59mg (5.65%), Vitamin B1: 0.07mg (4.74%), Copper: 0.07mg (3.52%), Vitamin C: 2.87mg (3.47%), Folate: 13.73µg (3.43%), Manganese: 0.04mg (1.84%), Vitamin D: 0.23µg (1.51%)