



Smoked Nachos



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces cheddar-jack-american cheese blend shredded
- ☐ 0.5 cup jalapeño peppers fresh canned sliced
- ☐ 9 ounce tortilla chips

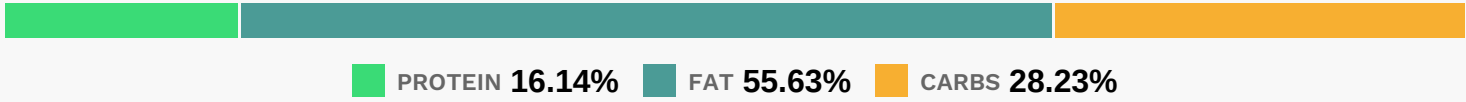
Equipment

- ☐ frying pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐
- Spread chips in a lightly greased aluminum foil-lined 13- x 9-inch pan; sprinkle with cheese and jalapenos.
- ☐
- Place pan on food rack, and grill, covered with grill lid, over low heat (less than 30
- ☐
- to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:7.9704347537911%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 310.78kcal (15.54%), Fat: 19.51g (30.01%), Saturated Fat: 9.02g (56.4%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 20.4g (7.42%), Sugar: 0.69g (0.77%), Cholesterol: 37.85mg (12.62%), Sodium: 359.92mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.73g (25.47%), Calcium: 351.71mg (35.17%), Phosphorus: 262.03mg (26.2%), Zinc: 1.72mg (11.49%), Vitamin B2: 0.19mg (11.3%), Selenium: 7.59µg (10.85%), Magnesium: 39.12mg (9.78%), Vitamin E: 1.44mg (9.59%), Vitamin K: 8.77µg (8.35%), Vitamin C: 6.67mg (8.09%), Vitamin A: 388.61IU (7.77%), Fiber: 1.88g (7.52%), Vitamin B12: 0.35µg (5.88%), Vitamin B6: 0.11mg (5.71%), Vitamin B5: 0.49mg (4.85%), Iron: 0.81mg (4.47%), Vitamin B1: 0.05mg (3.55%), Folate: 13µg (3.25%), Potassium: 106.44mg (3.04%), Copper: 0.05mg (2.36%), Vitamin B3: 0.38mg (1.89%), Vitamin D: 0.26µg (1.7%)