



Southwest Veggie Nachos

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 avocado diced
- 6 ounces baked tortilla chips
- 0.3 cup olives black sliced
- 15 ounces black beans low-sodium rinsed drained canned
- 0.3 cup cilantro leaves chopped
- 0.5 cup corn frozen thawed
- 1 bell pepper diced green
- 0.3 teaspoon ground cumin

- 3 tablespoons jalapeno
- 1 teaspoon juice of lime fresh
- 12 ounces plum tomatoes chopped
- 0.5 cup onion red chopped
- 1.5 cups cheddar cheese shredded reduced-fat

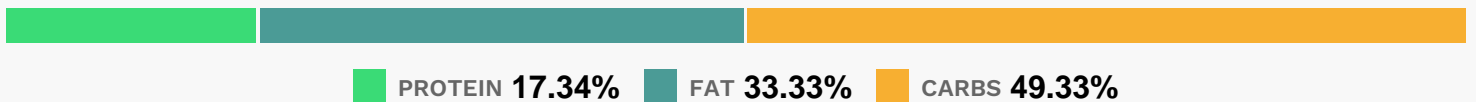
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 425°F. Coat a baking sheet with cooking spray; spread chips evenly on sheet. In a bowl, combine beans, pepper, corn and cumin; spoon over chips. Top with olives, jalapeños and cheese; bake until cheese melts, 5 to 6 minutes. In same bowl, combine tomato, onion, cilantro and juice; gently mix in avocado.
- Serve nachos topped with salsa.
- Self

Nutrition Facts



Properties

Glycemic Index: 30.67, Glycemic Load: 1.13, Inflammation Score: -8, Nutrition Score: 16.997391293878%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg
Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 353.17kcal (17.66%), Fat: 13.44g (20.68%), Saturated Fat: 5.58g (34.89%), Carbohydrates: 44.77g (14.92%),
Net Carbohydrates: 35.2g (12.8%), Sugar: 3.54g (3.93%), Cholesterol: 26.6mg (8.87%), Sodium: 655.16mg (28.49%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.73g (31.47%), Vitamin C: 38.67mg (46.87%), Fiber: 9.57g
(38.28%), Phosphorus: 334.48mg (33.45%), Calcium: 272.85mg (27.28%), Folate: 86.2µg (21.55%), Magnesium:
80.4mg (20.1%), Potassium: 656.32mg (18.75%), Vitamin A: 937.21IU (18.74%), Vitamin B2: 0.31mg (18.49%),
Manganese: 0.34mg (16.79%), Vitamin B1: 0.24mg (15.81%), Vitamin B6: 0.32mg (15.77%), Selenium: 9.91µg (14.15%),
Iron: 2.51mg (13.97%), Copper: 0.28mg (13.87%), Vitamin K: 13.82µg (13.16%), Zinc: 1.92mg (12.8%), Vitamin E: 1.52mg
(10.14%), Vitamin B3: 1.68mg (8.41%), Vitamin B5: 0.59mg (5.89%), Vitamin B12: 0.34µg (5.74%)