

Speedy nachos

 Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 175 g tortilla chips plain
- ☐ 225 g salsa
- ☐ 3 spring onion sliced
- ☐ 3 servings cheese good chunk
- ☐ 1 pinch pepper crushed

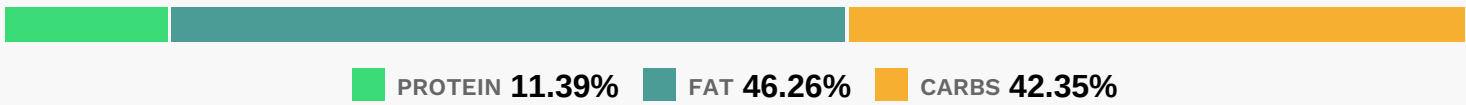
Equipment

- ☐ baking pan
- ☐ grill

Directions

- ☐ Tip tortilla chips on to a baking tray, pour over salsa and scatter over a few sliced spring onions.
- ☐ Grate over a good chunk of cheese (fontina is perfect, but cheddar will do).
- ☐ Add a pinch of crushed chilli flakes, then put under a hot grill for about 3 minutes to melt the cheese.
- ☐ Serve with soured cream or guacamole (optional).

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:0.38, Inflammation Score:-7, Nutrition Score:13.126521991647%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 423.42kcal (21.17%), Fat: 22.45g (34.53%), Saturated Fat: 7.42g (46.37%), Carbohydrates: 46.23g (15.41%), Net Carbohydrates: 41.41g (15.06%), Sugar: 3.69g (4.1%), Cholesterol: 30mg (10%), Sodium: 882mg (38.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.87%), Vitamin K: 40.94µg (38.99%), Calcium: 303.68mg (30.37%), Phosphorus: 297.19mg (29.72%), Vitamin E: 3.28mg (21.85%), Fiber: 4.82g (19.29%), Magnesium: 70.8mg (17.7%), Selenium: 11.81µg (16.87%), Vitamin A: 791.87IU (15.84%), Zinc: 2.1mg (14.03%), Vitamin B6: 0.27mg (13.26%), Vitamin B2: 0.21mg (12.18%), Potassium: 356.54mg (10.19%), Vitamin B5: 0.98mg (9.76%), Vitamin B1: 0.12mg (8.22%), Iron: 1.43mg (7.96%), Vitamin B3: 1.41mg (7.06%), Copper: 0.13mg (6.28%), Folate: 23.99µg (6%), Manganese: 0.11mg (5.38%), Vitamin B12: 0.32µg (5.3%), Vitamin C: 3.68mg (4.46%), Vitamin D: 0.18µg (1.2%)