



## Spicy Nachos with Fresh Pico De Gallo

 Gluten Free

READY IN



135 min.

SERVINGS



12

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 to 2 bell peppers diced
- 0.5 teaspoon pepper black
- 15 ounce pinto beans canned
- 15.5 ounce kidney beans red canned
- 2 stalks celery diced
- 2 tablespoons chili powder
- 2 tablespoons cilantro leaves fresh chopped
- 1 clove garlic minced

- 3 cloves garlic minced
- 1 pound ground chicken
- 1 teaspoon ground cumin
- 0.5 jalapeño diced
- 1 jalapeño diced seeded
- 1 jalapeño sliced for serving
- 1 juice of lime
- 0.8 teaspoon kosher salt
- 1 lemon zest
- 0.8 cup cup heavy whipping cream sour reduced-fat
- 1 tablespoon olive oil
- 1 medium onion diced
- 0.8 cup pepper jack cheese shredded
- 29 ounce petite-cut tomatoes diced canned
- 1.5 pounds plum tomatoes diced
- 0.3 teaspoon salt
- 1 cup cheddar shredded
- 1 large bag tortilla chips whole-wheat
- 0.5 vidalia onion diced sweet

## Equipment

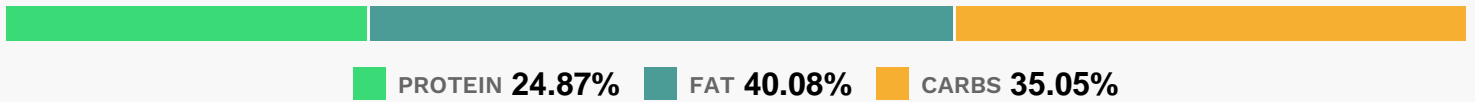
- bowl
- sauce pan
- oven
- wooden spoon

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.

- Spread out a layer using half of the tortilla chips on a large ovenproof platter. Make an even layer using half the Game Time Chili, then add half the Cheddar and pepper Jack, then half the sliced jalapenos. Save some of the jalapeno slices for garnish.
- Place the platter in the oven and bake until the cheese has melted, 5 to 10 minutes. Prepare a second ovenproof platter with the remainder of the ingredients. Top the nachos with the Pico de Gallo and garnish with the remaining jalapenos.
- Serve hot with the sour cream on the side.
- Heat the oil in a large nonstick saucepan over medium-high heat.
- Add the garlic, celery, bell peppers, jalapenos and onions and sprinkle over the salt. Cook, stirring occasionally, until the vegetables are tender, about 8 minutes.
- Add the chicken, breaking it up with a wooden spoon, and cook until it starts to brown. Stir in the chili powder and cumin and cook until the chicken is fully browned, about 6 minutes.
- Add the tomatoes, kidney beans and pinto beans and bring to a boil. Reduce the heat and simmer, covered, stirring occasionally, until the flavors are blended and the chili begins to thicken, about 1 hour.
- Place the cilantro, salt, pepper, tomatoes, garlic, jalapenos, onions, lime juice and lemon zest in a bowl and mix to combine.

## Nutrition Facts



## Properties

Glycemic Index:45.25, Glycemic Load:6.04, Inflammation Score:-8, Nutrition Score:18.186521680459%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

## Nutrients (% of daily need)

Calories: 260.1kcal (13.01%), Fat: 12.09g (18.6%), Saturated Fat: 5.31g (33.17%), Carbohydrates: 23.79g (7.93%), Net Carbohydrates: 16.96g (6.17%), Sugar: 7.53g (8.36%), Cholesterol: 53.24mg (17.75%), Sodium: 644.92mg (28.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.88g (33.77%), Vitamin C: 34.19mg (41.44%), Vitamin A: 1591.61IU (31.83%), Phosphorus: 277.74mg (27.77%), Fiber: 6.83g (27.33%), Vitamin B6: 0.53mg (26.54%), Manganese: 0.52mg (25.85%), Potassium: 882.85mg (25.22%), Calcium: 216.21mg (21.62%), Vitamin B3: 3.94mg (19.71%), Vitamin E: 2.59mg (17.27%), Vitamin B2: 0.29mg (16.99%), Copper: 0.34mg (16.98%), Iron: 2.91mg (16.18%), Magnesium: 64.46mg (16.11%), Vitamin K: 16.74µg (15.94%), Vitamin B1: 0.21mg (13.73%), Zinc: 2.05mg (13.66%), Folate: 54.13µg (13.53%), Selenium: 9.41µg (13.45%), Vitamin B5: 0.91mg (9.12%), Vitamin B12: 0.43µg (7.17%)