



Steak and Bean Nachos

READY IN



45 min.

SERVINGS



2

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bottled black bean and corn salsa
- ☐ 4 6-inch corn tortillas cut into 8 wedges
- ☐ 6 ounces flank steak trimmed
- ☐ 0.3 teaspoon ground ancho chile pepper
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons pickled jalapeño pepper
- ☐ 1 small onion cut into 1/4-inch-thick slices 6 ounces
- ☐ 0.5 cup refried pinto beans organic

- ☐ 0.1 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 0.3 teaspoon sugar

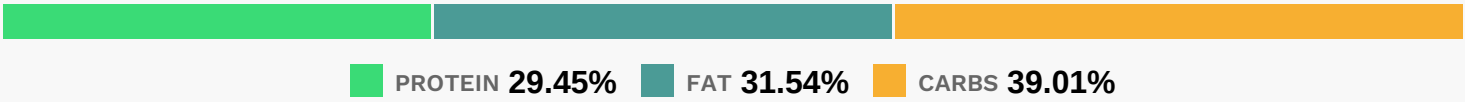
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Preheat oven to 400.
 - ☐ Combine first 5 ingredients; rub over both sides of steak.
 - ☐ Let stand 10 minutes.
 - ☐ Arrange tortilla wedges in a single layer on a large baking sheet coated with cooking spray.
 - ☐ Bake at 400 for 8 minutes or until lightly browned.
 - ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
 - ☐ Add steak to pan; cook 4 minutes on each side or until desired degree of doneness.
 - ☐ Place steak on a cutting board; let stand 5 minutes.
 - ☐ Cut steak into 1/2-inch pieces. Coat onion slices with cooking spray.
 - ☐ Add onion to pan; cook 4 minutes on each side or until tender. Coarsely chop onion.
 - ☐ Arrange tortilla chips in a small pile on baking sheet. Top with steak, onion, beans, cheese, and jalapeo.
 - ☐ Bake at 400 for 5 minutes or until cheese melts. Divide nachos between 2 plates; top each serving with about 2 1/2 tablespoons salsa.
- Beer note: The dark, roasty flavors of porters make these beers ideal with the meaty flavors of the nachos. Anchor Porter (\$8/six-pack) from San Francisco has a robust coffee and chocolate flavor that complements these nachos almost like mole sauce. Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:131.05, Glycemic Load:13.23, Inflammation Score:-8, Nutrition Score:23.433912728144%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg

Nutrients (% of daily need)

Calories: 480.79kcal (24.04%), Fat: 16.97g (26.11%), Saturated Fat: 7.54g (47.13%), Carbohydrates: 47.23g (15.74%), Net Carbohydrates: 36.53g (13.28%), Sugar: 8.07g (8.97%), Cholesterol: 79.38mg (26.46%), Sodium: 403.38mg (17.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.66g (71.32%), Selenium: 39.27µg (56.1%), Phosphorus: 544.18mg (54.42%), Vitamin B6: 0.86mg (42.94%), Fiber: 10.71g (42.82%), Zinc: 5.5mg (36.67%), Vitamin B3: 6.53mg (32.64%), Calcium: 292.26mg (29.23%), Folate: 104.29µg (26.07%), Vitamin C: 21.06mg (25.53%), Magnesium: 92.49mg (23.12%), Manganese: 0.45mg (22.39%), Iron: 3.9mg (21.67%), Potassium: 700.5mg (20.01%), Vitamin B2: 0.31mg (18.38%), Vitamin B12: 1.07µg (17.91%), Vitamin B1: 0.22mg (14.96%), Copper: 0.27mg (13.51%), Vitamin A: 662.71IU (13.25%), Vitamin E: 1.61mg (10.72%), Vitamin B5: 0.9mg (8.96%), Vitamin K: 6.88µg (6.55%), Vitamin D: 0.17µg (1.13%)