



Super Duper Italian Nachos

 Vegetarian  Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



891 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup alfredo sauce
- 0.3 cup kalamata olives pitted chopped
- 1 pound monterrey jack cheese shredded
- 0.3 cup pepperoncini chopped
- 1 small onion diced red
- 0.3 cup sun-dried tomatoes chopped
- 10 ounce bag tortilla chips

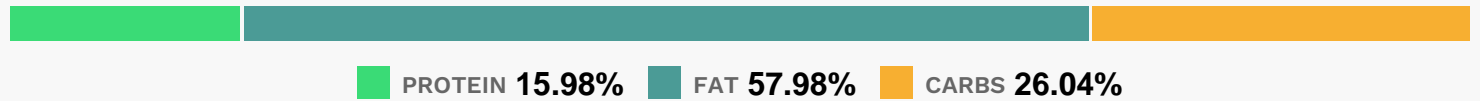
Equipment

microwave

Directions

- Arrange the tortilla chips on a large, microwave-safe platter. Scatter the cheese over the chips; drizzle with alfredo sauce.
- Heat in microwave until the cheese has melted, 2 to 3 minutes.
- Top nachos with onion, tomato, pepperoncini, and olives to serve.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.97, Inflammation Score:-8, Nutrition Score:23.040869464045%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 890.87kcal (44.54%), Fat: 58.29g (89.68%), Saturated Fat: 27.69g (173.07%), Carbohydrates: 58.92g (19.64%), Net Carbohydrates: 52.87g (19.22%), Sugar: 6.72g (7.47%), Cholesterol: 131.43mg (43.81%), Sodium: 1369.26mg (59.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.16g (72.31%), Calcium: 943.32mg (94.33%), Phosphorus: 707.21mg (70.72%), Vitamin B2: 0.55mg (32.37%), Zinc: 4.64mg (30.92%), Selenium: 20.31µg (29.01%), Magnesium: 113.37mg (28.34%), Fiber: 6.05g (24.21%), Vitamin K: 22.8µg (21.71%), Vitamin E: 3.2mg (21.31%), Vitamin A: 1023.12IU (20.46%), Potassium: 605.41mg (17.3%), Vitamin C: 14.17mg (17.18%), Vitamin B6: 0.32mg (15.97%), Iron: 2.87mg (15.96%), Vitamin B12: 0.94µg (15.69%), Vitamin B5: 1.33mg (13.32%), Copper: 0.27mg (13.29%), Vitamin B1: 0.19mg (12.49%), Manganese: 0.23mg (11.37%), Folate: 43.62µg (10.91%), Vitamin B3: 1.71mg (8.54%), Vitamin D: 0.68µg (4.54%)