



Super Nachos

READY IN



30 min.

SERVINGS



4

CALORIES



936 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings avocado with lemon juice sliced
- 4 servings olives black chopped
- 2 tablespoons butter
- 1 can black beans drained
- 1.5 teaspoons chili powder dark
- 2 tablespoons flour all-purpose
- 2 cloves garlic chopped
- 1 pound ground sirloin
- 1 jalapeno hot seeded finely chopped for medium to heat level

- 1 jalapeno seeded chopped
- 2 cups milk
- 1 tablespoon olive oil extra-virgin
- 1 small onion chopped
- 4 servings pepper sauces hot
- 0.8 pound pepper jack cheese shredded
- 2 teaspoons cayenne pepper sauce hot
- 4 servings pimento diced
- 1 teaspoon salt
- 4 servings salt
- 4 servings scallions chopped
- 4 servings cup heavy whipping cream sour
- 4 vine tomatoes ripe seeded chopped
- 1 small onion white chopped
- 2 bags different flavors blue such as corn, red corn, yellow corn, lime flavored, chili flavored or black bean chips -- pick 2 favorites
- 0.3 cup handfuls finely chopped

Equipment

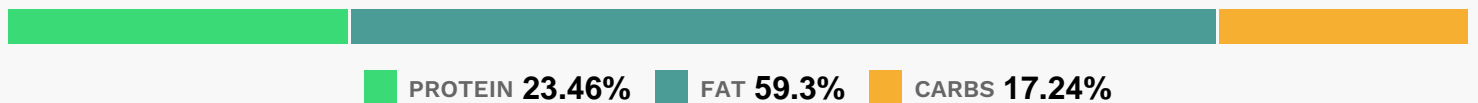
- bowl
- frying pan
- whisk
- pot
- wooden spoon
- broiler pan

Directions

- Watch how to make this recipe.

- Arrange a mixture of 2 varieties of corn chips on a very large platter or use your broiler pan as a platter.
- Combine salsa ingredients in a bowl and set aside for flavors to marry.
- Heat a medium nonstick skillet over medium high heat.
- Add oil, garlic, onion and peppers to the pan and saute 2 minutes, then add meat and crumble with wooden spoon. Season meat with salt, chili powder, cumin and cayenne pepper sauce. Cook meat 5 minutes, then stir in beans and reduce heat to low.
- In a medium sauce pot, melt butter and add flour to it. Cook flour and butter 1 to 2 minutes over moderate heat, then whisk in milk. When milk comes to a bubble, stir in cheese with a wooden spoon.
- Remove cheese sauce from the heat.
- Pour cheese sauce evenly over the massive spread of chips and top evenly with beef and beans and the pico de gallo. UBER NACHOS!
- Serve immediately as is or, garnish with your choice of extra toppings from the toppings list.

Nutrition Facts



Properties

Glycemic Index:140.5, Glycemic Load:7.13, Inflammation Score:-10, Nutrition Score:42.606521772302%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg

Nutrients (% of daily need)

Calories: 936.25kcal (46.81%), Fat: 62.39g (95.99%), Saturated Fat: 31.08g (194.28%), Carbohydrates: 40.8g (13.6%), Net Carbohydrates: 29.45g (10.71%), Sugar: 13.1g (14.55%), Cholesterol: 189.57mg (63.19%), Sodium: 2200.42mg (95.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.54g (111.08%), Calcium: 899.75mg (89.97%), Phosphorus: 883.65mg (88.36%), Vitamin C: 54.57mg (66.15%), Vitamin B12: 3.86µg (64.38%), Vitamin A:

3173.53IU (63.47%), Zinc: 9.21mg (61.41%), Vitamin B2: 0.92mg (53.9%), Selenium: 36.71µg (52.44%), Fiber: 11.35g (45.41%), Vitamin B6: 0.9mg (45%), Potassium: 1415.96mg (40.46%), Vitamin B3: 7.66mg (38.29%), Vitamin K: 36.93µg (35.18%), Iron: 6.22mg (34.53%), Folate: 133.51µg (33.38%), Magnesium: 125.83mg (31.46%), Manganese: 0.59mg (29.37%), Vitamin B1: 0.4mg (26.81%), Vitamin E: 3.86mg (25.74%), Copper: 0.47mg (23.47%), Vitamin B5: 1.77mg (17.67%), Vitamin D: 1.97µg (13.1%)