

# Super Nachos

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10 ounce olives black pitted drained chopped canned
- 4 ounce jalapeño peppers drained sliced canned
- 4 green onions diced
- 1 pound ground beef
- 15.5 ounce refried beans canned
- 1 cup salsa
- 1 cup sharp cheddar cheese shredded to taste
- 1 cup cup heavy whipping cream sour to taste

- 1.3 ounce taco seasoning
- 18 ounce tortilla chips restaurant-style
- 0.8 cup water

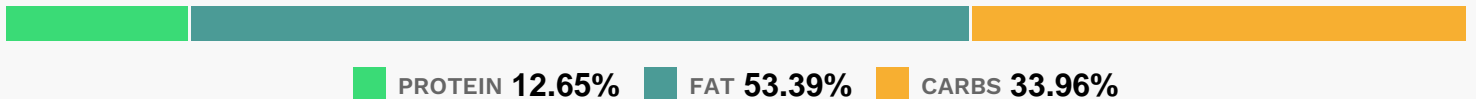
## Equipment

- frying pan
- baking sheet
- oven
- aluminum foil
- broiler

## Directions

- Cook and stir ground beef in a skillet over medium heat until meat is crumbly and no longer pink, 5 to 10 minutes.
- Drain excess grease. Stir in taco seasoning mix and water and simmer until beef mixture has thickened, 8 to 10 minutes.
- Set the oven rack about 6 inches from the heat source and preheat the broiler. Line a baking sheet with aluminum foil.
- Spread tortilla chips on the prepared baking sheet; top with Cheddar cheese and dot with refried beans and ground beef mixture.
- Broil in the preheated oven until cheese is melted, watching carefully to prevent burning, 3 to 5 minutes.
- Top nachos with salsa, sour cream, black olives, green onions, and jalapeno peppers.

## Nutrition Facts



## Properties

Glycemic Index:8.17, Glycemic Load:1.07, Inflammation Score:-7, Nutrition Score:12.053913007612%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 447.55kcal (22.38%), Fat: 27.03g (41.59%), Saturated Fat: 8.33g (52.09%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 32.78g (11.92%), Sugar: 3.73g (4.15%), Cholesterol: 47.56mg (15.85%), Sodium: 1351.1mg (58.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.83%), Fiber: 5.91g (23.64%), Phosphorus: 224.16mg (22.42%), Vitamin E: 3.05mg (20.34%), Vitamin K: 20.82µg (19.83%), Vitamin A: 919.83IU (18.4%), Zinc: 2.68mg (17.85%), Calcium: 173.75mg (17.37%), Selenium: 11.38µg (16.26%), Vitamin B12: 0.95µg (15.82%), Vitamin B6: 0.28mg (13.92%), Magnesium: 54.82mg (13.7%), Iron: 2.38mg (13.23%), Vitamin B3: 2.33mg (11.67%), Vitamin B2: 0.17mg (10.28%), Vitamin B5: 0.89mg (8.88%), Potassium: 305.76mg (8.74%), Vitamin B1: 0.1mg (6.74%), Copper: 0.13mg (6.64%), Vitamin C: 3.61mg (4.38%), Folate: 16.33µg (4.08%), Manganese: 0.05mg (2.42%)