

Taco Nachos

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



735 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup green onions chopped
- ☐ 1 pound ground beef
- ☐ 1 tablespoon milk
- ☐ 0.8 pound processed cheese cubed
- ☐ 16 ounce refried beans canned
- ☐ 1 ounce taco seasoning
- ☐ 0.5 cup tomatoes fresh chopped
- ☐ 12 ounce tortilla chips

☐ 0.8 cup water

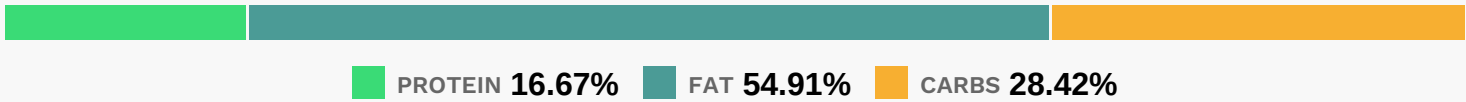
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain and mix in taco seasoning mix and water. Continue cooking 5 minutes.
- ☐ Remove from heat.
- ☐ Place processed cheese and milk in a small, microwave safe bowl. Microwave on high until melted, 1 to 2 minutes. Stir until blended and smooth.
- ☐ Place tortilla chips on a large, microwave safe dish.
- ☐ Spread with refried beans. Top with beef and cheese and mixtures.
- ☐ Microwave approximately 2 minutes on high, until the cheese has melted into the beef. Top with tomato and green onions.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:2.78, Inflammation Score:-7, Nutrition Score:21.703913097796%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 735.04kcal (36.75%), Fat: 45g (69.23%), Saturated Fat: 17.68g (110.52%), Carbohydrates: 52.39g (17.46%), Net Carbohydrates: 44.98g (16.35%), Sugar: 5.08g (5.64%), Cholesterol: 110.67mg (36.89%), Sodium: 2003.9mg

(87.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.73g (61.46%), Calcium: 700.37mg (70.04%), Phosphorus: 618.02mg (61.8%), Vitamin B12: 2.48µg (41.36%), Selenium: 25.37µg (36.24%), Zinc: 5.41mg (36.07%), Fiber: 7.42g (29.67%), Vitamin K: 27.17µg (25.88%), Vitamin A: 1206.37IU (24.13%), Iron: 3.8mg (21.12%), Magnesium: 78.29mg (19.57%), Vitamin B6: 0.39mg (19.56%), Vitamin B3: 3.82mg (19.1%), Vitamin E: 2.86mg (19.09%), Vitamin B2: 0.29mg (17.32%), Vitamin B5: 1.3mg (13.04%), Potassium: 430.66mg (12.3%), Vitamin B1: 0.13mg (8.63%), Copper: 0.14mg (7.19%), Vitamin C: 4.87mg (5.91%), Folate: 22.05µg (5.51%), Vitamin D: 0.44µg (2.96%), Manganese: 0.05mg (2.7%)