



# Taco Nachos

 **Gluten Free**

READY IN



**15 min.**

SERVINGS



**4**

CALORIES



**1338 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

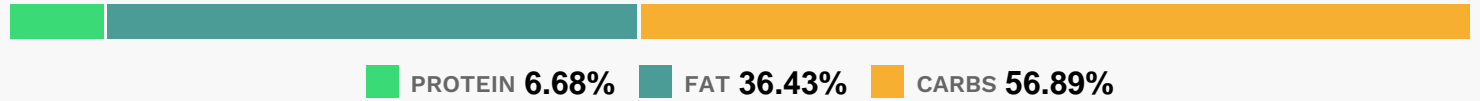
- 8 cups tortilla chips white (from 13.5-oz. pkg.)
- 18 oz sauce refrigerated with seasoned ground beef
- 0.8 cup cheese shredded taco-flavored
- 2 cups lettuce shredded
- 0.3 cup cream sour

## Equipment

## Directions

- Heat taco sauce with ground beef as directed on tub.
- For each serving, place 2 cups chips on individual serving plate. Top with 1/2 cup warm taco sauce with ground beef, 3 tablespoons cheese, 1/2 cup lettuce and 1 tablespoon sour cream.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:0.33, Inflammation Score:-8, Nutrition Score:23.173043507597%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 1337.74kcal (66.89%), Fat: 55.27g (85.03%), Saturated Fat: 10.68g (66.77%), Carbohydrates: 194.24g (64.75%), Net Carbohydrates: 181.39g (65.96%), Sugar: 32.68g (36.31%), Cholesterol: 25.07mg (8.36%), Sodium: 2425mg (105.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.81g (45.62%), Phosphorus: 609.97mg (61%), Vitamin E: 8.28mg (55.19%), Vitamin K: 57.44µg (54.71%), Fiber: 12.85g (51.41%), Magnesium: 201.36mg (50.34%), Calcium: 370.85mg (37.08%), Vitamin B5: 2.84mg (28.36%), Zinc: 3.89mg (25.92%), Vitamin B1: 0.35mg (23.06%), Vitamin B6: 0.44mg (22.02%), Iron: 3.75mg (20.81%), Selenium: 14.26µg (20.37%), Vitamin B2: 0.25mg (14.92%), Potassium: 503.29mg (14.38%), Copper: 0.24mg (11.85%), Folate: 40.37µg (10.09%), Vitamin B3: 2.01mg (10.03%), Vitamin B12: 0.51µg (8.48%), Vitamin A: 419.14IU (8.38%), Manganese: 0.05mg (2.64%), Vitamin C: 1.14mg (1.38%)