



The Best Nachos



Gluten Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chili powder
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 teaspoon sea salt
- ☐ 1 teaspoon granulated onion
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon vegetable oil

- ☐ 1 pound ground beef (80:20 lean-to-fat ratio)
- ☐ 2 cups refried beans homemade canned
- ☐ 0.3 cup water
- ☐ 2 cups cheddar cheese grated plus more for topping
- ☐ 2 cups colby jack cheese grated plus more for topping
- ☐ 1 cup pico de gallo homemade store-bought plus more for topping
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 jalapeño fresh sliced (pickled or)
- ☐ 6 servings guacamole
- ☐ 6 servings salsa
- ☐ 6 servings cup heavy whipping cream sour
- ☐ 6 servings olives black canned
- ☐ 6 servings green onions sliced
- ☐ 6 servings lettuce shredded
- ☐ 6 servings regular corn
- ☐ 6 servings hot sauce

Equipment

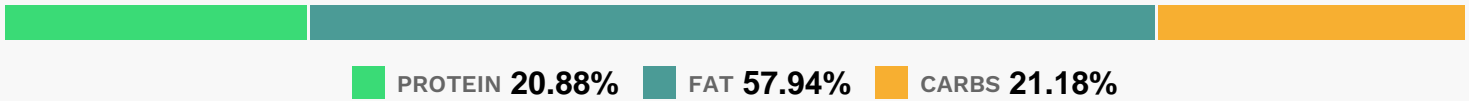
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ colander

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Combine all of the spices (chili powder through cayenne) together in a small bowl.
- ☐ Heat the vegetable oil on medium high heat until it begins to shimmer.
- ☐ Add the ground beef to the pan and season it with all of the taco spice blend. As the meat cooks, use a spoon to break the meat up into crumbles.

- ☐ Cook for about 8 minutes until the meat has browned and drain the fat using a colander.
- ☐ Return the meat to the pan and add the refried beans and the water.
- ☐ Heat the mixture until the beans are smooth and warmed through. Reduce the heat to low and keep the beef-bean mixture warm while you prepare the chips.
- ☐ Toast the chips: On a 13x18-inch oven-safe platter or sheet pan, arrange the tortilla chips in a single layer, overlapping them slightly. Toast the chips in the preheated oven for 5 minutes, or just until you begin to smell their aroma.
- ☐ Assemble and bake the nachos: Carefully remove the pan from the oven and top with one half of the shredded cheeses. Allow the heat from the chips to melt the cheese slightly before topping the chips with the beef and bean mixture.
- ☐ Sprinkle the remaining cheese over the beef and return the pan to the oven for 5 minutes, or until the cheese has fully melted.
- ☐ Top and serve: Top the nachos with the pico de gallo, chopped cilantro, jalapeño slices, or any of your preferred toppings.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:56.08, Glycemic Load:10.92, Inflammation Score:-9, Nutrition Score:29.453913004502%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 761.85kcal (38.09%), Fat: 50.17g (77.19%), Saturated Fat: 23.93g (149.56%), Carbohydrates: 41.28g (13.76%), Net Carbohydrates: 32.31g (11.75%), Sugar: 13.37g (14.86%), Cholesterol: 140.22mg (46.74%), Sodium: 2454.64mg (106.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.68g (81.35%), Calcium: 679.96mg (68%), Phosphorus: 607.15mg (60.72%), Vitamin A: 2944.57IU (58.89%), Zinc: 6.82mg (45.46%), Vitamin K: 47.55µg (45.28%), Selenium: 30.33µg (43.33%), Vitamin B12: 2.41µg (40.12%), Fiber: 8.97g (35.88%), Vitamin B2: 0.58mg (34%), Vitamin B6: 0.6mg (30.19%), Vitamin B3: 5.5mg (27.52%), Iron: 4.44mg (24.69%), Vitamin E: 3.42mg

(22.81%), Potassium: 789.66mg (22.56%), Manganese: 0.4mg (19.81%), Magnesium: 77.59mg (19.4%), Folate: 74.58µg (18.64%), Vitamin C: 13.98mg (16.94%), Vitamin B5: 1.49mg (14.9%), Vitamin B1: 0.19mg (12.94%), Copper: 0.23mg (11.59%), Vitamin D: 0.57µg (3.77%)