



The Diner's Frito Pie with Barbara Cozart's Red Chile

READY IN



45 min.

SERVINGS



6

CALORIES



714 kcal

Ingredients

- ☐ 1.5 cups longhorn cheddar cheese shredded
- ☐ 3 tablespoons chili powder dried
- ☐ 4.5 cups fritos corn chips 15-oz. bag
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon garlic powder
- ☐ 2 cups iceberg lettuce shredded finely
- ☐ 2 pounds ground beef 7% lean fat
- ☐ 6 tablespoons onion finely chopped
- ☐ 1 teaspoon salt

☐ 0.8 cup tomatoes chopped

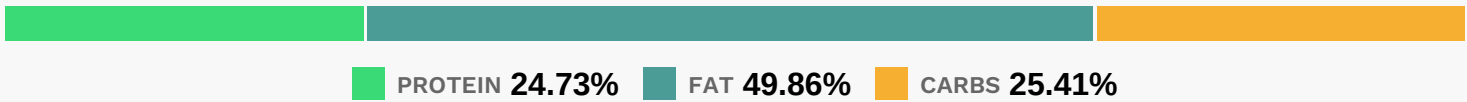
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In a 5- to 6-quart pan over medium-high heat, stir ground beef, garlic powder, and 1 teaspoon salt until beef is crumbly and well browned, 6 to 8 minutes.
- ☐ With a large slotted spoon, push beef mixture to one side of pan and tilt pan so liquid runs to opposite side. Stir flour into liquid until well blended, then mix with beef mixture.
- ☐ Add 2 cups water, black beans if using, and dried chilies; stir until mixture boils and thickens, about 8 minutes.
- ☐ Spread about 3/4 cup Fritos in each of six wide, shallow bowls and sprinkle chopped onion equally on top. Divide chili equally among bowls and top with cheese, lettuce, and tomato.
- ☐ Add more salt to taste.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:2.14, Inflammation Score:-9, Nutrition Score:29.320869331775%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 713.65kcal (35.68%), Fat: 39.9g (61.38%), Saturated Fat: 11.8g (73.77%), Carbohydrates: 45.74g (15.25%), Net Carbohydrates: 40.84g (14.85%), Sugar: 1.98g (2.21%), Cholesterol: 121.99mg (40.66%), Sodium: 1081.55mg

(47.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.53g (89.07%), Zinc: 9.9mg (65.99%), Vitamin B12: 3.69µg (61.44%), Selenium: 41.38µg (59.11%), Phosphorus: 589.19mg (58.92%), Vitamin B3: 9.65mg (48.26%), Vitamin E: 7.09mg (47.26%), Vitamin B6: 0.87mg (43.31%), Vitamin A: 1744.89IU (34.9%), Calcium: 327.77mg (32.78%), Iron: 5.49mg (30.51%), Vitamin B2: 0.48mg (28.44%), Magnesium: 100.69mg (25.17%), Potassium: 829.18mg (23.69%), Manganese: 0.47mg (23.38%), Fiber: 4.9g (19.6%), Vitamin K: 16.83µg (16.02%), Vitamin B5: 1.57mg (15.67%), Copper: 0.26mg (13.21%), Vitamin B1: 0.16mg (10.53%), Folate: 36.75µg (9.19%), Vitamin C: 4.01mg (4.86%), Vitamin D: 0.32µg (2.14%)