



Two-Bite Nacho Cups

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



360 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup guacamole
- 12 singles chopped kraft
- 0.5 cup milk
- 0.5 cup pico de gallo
- 6 cups round tortilla chips

Equipment

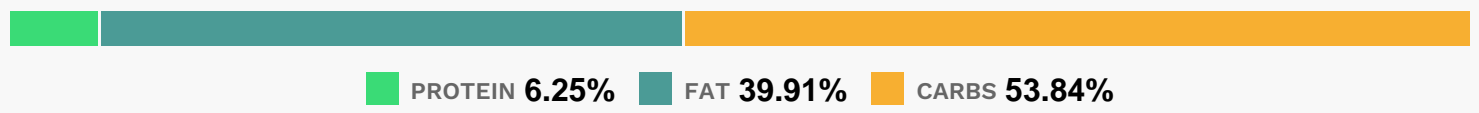
- bowl
- microwave

muffin liners

Directions

- Microwave milk in small microwaveable bowl on HIGH 1 min.; stir in chopped Singles. Microwave 1 min. or until Singles are completely melted and sauce is well blended, stirring after 30 sec.
- Stand 5 chips in each of 24 paper-lined muffin cups, overlapping as necessary to fit inside cups.
- Spoon 1 Tbsp. cheese sauce into each prepared cup; top with 1 tsp. each pico de gallo and guacamole.

Nutrition Facts



Properties

Glycemic Index:7.8, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:7.5056521555652%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 360.05kcal (18%), Fat: 16.52g (25.42%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 50.15g (16.72%), Net Carbohydrates: 45.59g (16.58%), Sugar: 2.35g (2.61%), Cholesterol: 1.66mg (0.55%), Sodium: 327.14mg (14.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Phosphorus: 185.15mg (18.51%), Fiber: 4.57g (18.26%), Vitamin E: 2.7mg (18%), Vitamin K: 17.08µg (16.27%), Magnesium: 63.05mg (15.76%), Vitamin B5: 1.04mg (10.37%), Calcium: 98.19mg (9.82%), Vitamin B6: 0.16mg (8.15%), Vitamin B1: 0.11mg (7.45%), Zinc: 1.11mg (7.41%), Iron: 1.12mg (6.21%), Potassium: 207.34mg (5.92%), Vitamin B2: 0.08mg (4.99%), Selenium: 3.32µg (4.74%), Folate: 18.41µg (4.6%), Copper: 0.09mg (4.54%), Vitamin B3: 0.81mg (4.04%), Vitamin A: 119.29IU (2.39%), Vitamin C: 1.9mg (2.3%), Vitamin B12: 0.07µg (1.1%)