



## Ultimate Nachos

 Vegetarian

READY IN



27 min.

SERVINGS



6

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 ounces cheddar finely grated
- ☐ 80 tortilla chips
- ☐ 2 cups guacamole
- ☐ 3 slices to 4 jalapenos thinly sliced
- ☐ 6 ounces pasilla de oaxaca finely grated
- ☐ 2 tablespoons oregano leaves fresh finely chopped
- ☐ 4.5 ounces onion diced red
- ☐ 2 cups salsa fresh

☐ 2 cups cup heavy whipping cream   sour

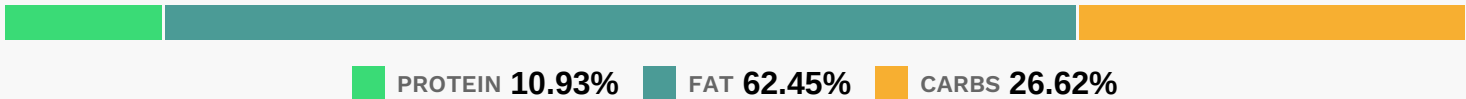
Equipment

- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ \*Cook's Note: Depending on your heat preference, you may remove the seeds from the jalapenos or leave them intact.
- ☐ Set 1 of the oven racks on the lowest shelf and preheat oven to 350 degrees F.
- ☐ Line a baking pan with parchment paper. Make 8 (2-inch) balls out of aluminum foil. Spray 3 wire cooling racks with non-stick cooking spray and place 1 of the aluminum balls in each of the corners of 2 of the racks.
- ☐ Lay 1/3 of the chips on one of the racks. Top each chip with a jalapeno slice and sprinkle the chips with 1/3 of the red onions, and 1/3 of both the Cheddar and Oaxaca cheeses. Repeat with the remaining chips and the other 2 racks. Stack the racks on top of one another and set into the parchment lined baking pan.
- ☐ Bake in the oven on the bottom rack for 7 minutes or until the cheese begins to bubble.
- ☐ Sprinkle with fresh oregano.
- ☐ Serve immediately with the salsa, sour cream, and guacamole.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:1.79, Inflammation Score:-10, Nutrition Score:27.121304403181%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate:

0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 741.91kcal (37.1%), Fat: 53.57g (82.41%), Saturated Fat: 22.25g (139.08%), Carbohydrates: 51.38g (17.13%), Net Carbohydrates: 39.75g (14.45%), Sugar: 9.7g (10.77%), Cholesterol: 83.79mg (27.93%), Sodium: 1170.52mg (50.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.1g (42.19%), Vitamin C: 65.65mg (79.58%), Vitamin K: 50.1µg (47.72%), Fiber: 11.63g (46.53%), Vitamin E: 6.62mg (44.12%), Calcium: 406.75mg (40.67%), Phosphorus: 369.51mg (36.95%), Vitamin A: 1820.39IU (36.41%), Vitamin B6: 0.72mg (36.04%), Potassium: 981.87mg (28.05%), Vitamin B2: 0.46mg (27.29%), Folate: 106.46µg (26.61%), Magnesium: 99.46mg (24.87%), Vitamin B5: 2.36mg (23.65%), Selenium: 14.09µg (20.13%), Manganese: 0.38mg (19.09%), Zinc: 2.7mg (17.97%), Vitamin B3: 3.52mg (17.6%), Copper: 0.32mg (15.81%), Vitamin B1: 0.2mg (13.1%), Iron: 2.3mg (12.78%), Vitamin B12: 0.46µg (7.69%), Vitamin D: 0.17µg (1.13%)