



Vegetarian Chipotle Nachos

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup avocado diced peeled (1 medium)
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced with basil, garlic, and oregano, undrained canned
- ☐ 7 ounce chipotles in adobo canned
- ☐ 6 ounces tortilla chips
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup bell pepper green chopped (1 medium)
- ☐ 12 ounce crumbles fat-free (such as Lightlife Smart Ground)

- ☐ 1 cup onion chopped (1 medium)
- ☐ 0.8 cup onion red vertically sliced
- ☐ 2 cups the of 1 cos lettuce shredded
- ☐ 3 ounces sharp cheddar cheese shredded
- ☐ 6 tablespoons cream fat-free sour

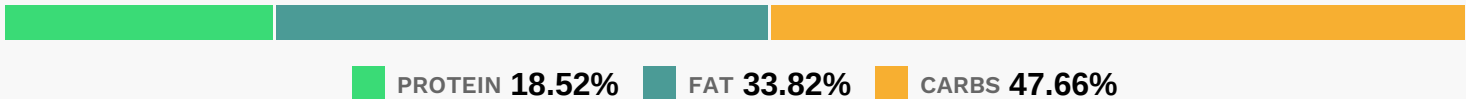
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium heat. Coat the pan with cooking spray.
- ☐ Add bell pepper, chopped onion, and crumbles; cook 5 minutes, stirring occasionally.
- ☐ Remove 1 chile and 1 tablespoon sauce from can; reserve remaining chiles and sauce for another use. Chop chile; add chile, sauce, beans, and tomatoes to pan. Cover, reduce heat, and simmer 5 minutes.
- ☐ Remove from heat; stir in cilantro. Arrange 1 1/3 cups chips on each of 6 plates. Top each serving with 1 cup bean mixture, 1/3 cup lettuce, about 2 1/2 tablespoons avocado, 2 tablespoons onion, 2 tablespoons cheese, and 1 tablespoon sour cream.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:6.09, Inflammation Score:-9, Nutrition Score:29.801738959292%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.72mg, Quercetin: 10.72mg, Quercetin: 10.72mg, Quercetin: 10.72mg

Nutrients (% of daily need)

Calories: 448.44kcal (22.42%), Fat: 17.53g (26.97%), Saturated Fat: 4.48g (28.03%), Carbohydrates: 55.59g (18.53%), Net Carbohydrates: 40.29g (14.65%), Sugar: 9.81g (10.9%), Cholesterol: 15.25mg (5.08%), Sodium: 731.34mg (31.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.6g (43.2%), Vitamin B12: 4.89µg (81.54%), Fiber: 15.3g (61.21%), Vitamin B1: 0.9mg (59.89%), Vitamin B6: 0.86mg (43.01%), Vitamin B3: 8.52mg (42.61%), Vitamin C: 33.53mg (40.64%), Phosphorus: 377.72mg (37.77%), Vitamin A: 1861.3IU (37.23%), Iron: 6.61mg (36.73%), Vitamin K: 36.78µg (35.03%), Manganese: 0.51mg (25.26%), Potassium: 856.51mg (24.47%), Calcium: 223.7mg (22.37%), Folate: 86.93µg (21.73%), Magnesium: 82.7mg (20.67%), Vitamin E: 3.02mg (20.15%), Vitamin B2: 0.32mg (18.75%), Copper: 0.37mg (18.27%), Zinc: 2.49mg (16.59%), Vitamin B5: 1.14mg (11.37%), Selenium: 6.71µg (9.58%)