



VELVEETA® Fast n' Cream™ Tasty Loaded Nachos

 Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup olives black sliced
- 0.5 lb extra-lean ground beef
- 1 cup lettuce shredded
- 10 oz ro*tel tomatoes & chilies diced green drained well canned
- 6 oz tortilla chips
- 8 oz velveeta blocks mini cut into 1/2-inch cubes

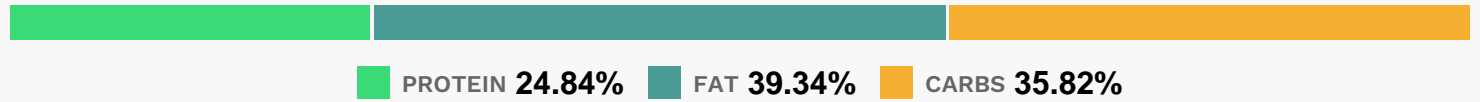
Equipment

- bowl
- frying pan
- microwave

Directions

- Brown meat in skillet; drain.
- Microwave VELVEETA in small microwaveable bowl on HIGH 1 min. or until completely melted, stirring after 30 sec.
- Place chips on large platter; top with VELVEETA, meat and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:3.7321739747472%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 86.36kcal (4.32%), Fat: 3.82g (5.88%), Saturated Fat: 1.34g (8.36%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 7.1g (2.58%), Sugar: 1.48g (1.65%), Cholesterol: 11.79mg (3.93%), Sodium: 242.62mg (10.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.86%), Phosphorus: 161.9mg (16.19%), Calcium: 78.07mg (7.81%), Zinc: 1.01mg (6.71%), Vitamin B2: 0.1mg (5.98%), Vitamin A: 254.39IU (5.09%), Vitamin B12: 0.25µg (4.23%), Vitamin B3: 0.79mg (3.93%), Potassium: 133.22mg (3.81%), Vitamin B6: 0.07mg (3.65%), Vitamin K: 3.82µg (3.64%), Selenium: 2.37µg (3.38%), Vitamin E: 0.48mg (3.2%), Magnesium: 11.64mg (2.91%), Fiber: 0.73g (2.91%), Iron: 0.48mg (2.65%), Vitamin C: 2.05mg (2.49%), Vitamin B5: 0.19mg (1.9%), Vitamin B1: 0.02mg (1.58%), Copper: 0.03mg (1.41%), Folate: 4.81µg (1.2%), Manganese: 0.02mg (1.09%)