



## VELVEETA® Ultimate Nachos

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup olives black sliced
- 0.3 cup knudsen cream sour
- 1 lb extra-lean ground beef
- 1 cup lettuce shredded
- 0.5 cup tomatoes chopped
- 6 oz tortilla chips
- 8 oz velveeta cut into 1/2-inch cubes

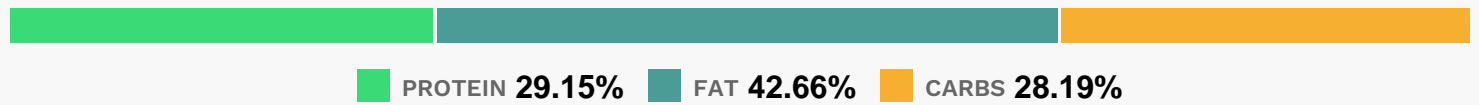
## Equipment

- frying pan
- microwave

## Directions

- Brown meat in large skillet; drain.
- Arrange chips on microwaveable platter; top with VELVEETA. Microwave on HIGH 2 min. or until VELVEETA is melted.
- Top with meat and remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:4.67, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:6.043913025571%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 143.47kcal (7.17%), Fat: 6.81g (10.48%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 9.33g (3.39%), Sugar: 1.79g (1.98%), Cholesterol: 28.11mg (9.37%), Sodium: 334.36mg (14.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.48g (20.96%), Phosphorus: 246.34mg (24.63%), Zinc: 2.11mg (14.04%), Vitamin B12: 0.69µg (11.47%), Calcium: 109.22mg (10.92%), Vitamin B2: 0.17mg (9.75%), Vitamin B3: 1.8mg (9.01%), Selenium: 5.97µg (8.54%), Vitamin B6: 0.15mg (7.38%), Potassium: 203.3mg (5.81%), Iron: 0.96mg (5.34%), Vitamin A: 254.97IU (5.1%), Magnesium: 17.82mg (4.45%), Vitamin E: 0.63mg (4.17%), Vitamin K: 4.12µg (3.92%), Vitamin B5: 0.35mg (3.55%), Fiber: 0.8g (3.22%), Vitamin B1: 0.03mg (2.24%), Copper: 0.04mg (2.1%), Folate: 5.38µg (1.35%), Vitamin C: 0.88mg (1.06%)