



## VELVEETA® Ultimate Nachos

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### 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

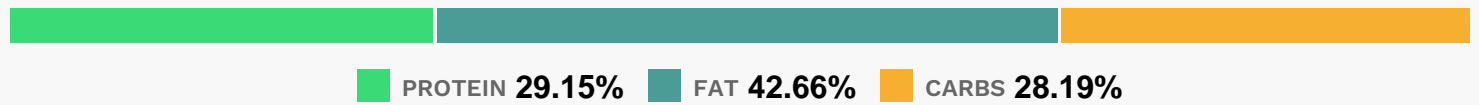
### Equipment

- 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:11.67, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:15.109565294307%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 358.67kcal (17.93%), Fat: 17.04g (26.21%), Saturated Fat: 6.59g (41.2%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 23.32g (8.48%), Sugar: 4.46g (4.96%), Cholesterol: 70.29mg (23.43%), Sodium: 835.91mg (36.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.19g (52.39%), Phosphorus: 615.85mg (61.59%), Zinc: 5.26mg (35.09%), Vitamin B12: 1.72µg (28.67%), Calcium: 273.05mg (27.31%), Vitamin B2: 0.41mg (24.38%), Vitamin B3: 4.5mg (22.52%), Selenium: 14.94µg (21.34%), Vitamin B6: 0.37mg (18.45%), Potassium: 508.26mg (14.52%), Iron: 2.4mg (13.35%), Vitamin A: 637.42IU (12.75%), Magnesium: 44.55mg (11.14%), Vitamin E: 1.56mg (10.43%), Vitamin K: 10.3µg (9.8%), Vitamin B5: 0.89mg (8.87%), Fiber: 2.01g (8.04%), Vitamin B1: 0.08mg (5.6%), Copper: 0.11mg (5.25%), Folate: 13.46µg (3.36%), Vitamin C: 2.19mg (2.65%), Manganese: 0.04mg (1.91%)