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Chili Cheese Nachos ♦♦

Chili Cheese Nachos are a popular Tex-Mex dish made with tortilla chips, chili, and melted cheese. They are often served as a snack or appetizer and are perfect for game day or casual gatherings. This recipe combines spicy chili, gooey cheese, and crunchy chips for a delicious and satisfying dish.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Tortilla chips
250 g	Ground Beef
2 tsp	chili powder
1 tsp	cumin
1 tsp	garlic powder

1 tsp	onion powder
1 tsp	salt
200 g	Black Beans
200 g	shredded cheddar cheese
100 g	sour cream
50 g	sliced jalapenos
20 g	chopped cilantro

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

In a skillet, cook the ground beef over medium heat until browned. Drain excess fat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Add the chili powder, cumin, garlic powder, onion powder, and salt to the cooked ground beef. Stir to combine.

Prep Time: 2 mins

Cook Time: 2 mins

Step 4

Spread the tortilla chips evenly on a baking sheet.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Top the tortilla chips with the cooked ground beef and black beans.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Oven

Sprinkle shredded cheddar cheese over the top.

Prep Time: 2 mins

Cook Time: 5 mins

Step 7

Oven

Bake in the preheated oven for 5-10 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 10 mins

Step 8

Remove from the oven and let cool for a few minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 9

Top with sour cream, sliced jalapenos, and chopped cilantro.

Prep Time: 2 mins

Cook Time: 0 mins

Step 10

Serving

Serve immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 25 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 g	N/A	N/A
Lactose	5 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	25 mg	2.5%	2.5%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Mexican

Course

Appetizers

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Ramadan

Cost

\$10 to \$20

\$40 to \$50

Demographics

Pregnancy Safe

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Slow Carb Diet

Vegan Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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