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Super Ground Beef Nachos ♦♦

Super Ground Beef Nachos are a delicious and satisfying dish that is perfect for parties or game day. This recipe features crispy tortilla chips topped with seasoned ground beef, melted cheese, and all your favorite toppings. It's a crowd-pleasing dish that will leave everyone wanting more.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

500 g	Ground Beef
250 g	Tortilla chips
200 g	shredded cheese
150 g	Tomatoes
100 g	Onions

50 g	Jalapenos
100 g	sour cream
100 g	guacamole
100 g	salsa
10 g	Cilantro

Directions

Step 1

Stove

In a skillet, cook the ground beef until browned. Drain any excess fat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Oven

Spread the tortilla chips on a baking sheet. Top with the cooked ground beef and shredded cheese.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Oven

Bake in the oven at 350°F (175°C) for 10 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Remove from the oven and top with diced tomatoes, onions, jalapenos, sour cream, guacamole, and salsa. Garnish with cilantro.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 25 g

Protein: 25 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	1 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	25 g	89.29%	100%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
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	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Mexican

Course

Salads

Snacks

Main Dishes

Events

Game Day

Nutritional Content

Low Calorie

Cultural

Chinese New Year

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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