



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Beef Nacho Salad with Cheddar Cheese & Chili

Beef Nacho Salad is a delicious and satisfying dish that combines the flavors of nachos with a fresh salad. It is made with seasoned ground beef, cheddar cheese, chili, and a variety of vegetables. This recipe is perfect for a quick and easy dinner or for entertaining guests.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Ground Beef
200 g	cheddar cheese
2 tsp	Chili powder
200 g	lettuce

200 g	Tomatoes
100 g	red onion
100 g	tortilla chips
100 g	sour cream
20 g	Cilantro
1 pieces	Lime

Directions

Step 1

Stove

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

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Add the chili powder to the cooked ground beef and stir to combine. Cook for an additional 2 minutes.

Prep Time: 1 mins

Cook Time: 2 mins

Step 3

In a large bowl, combine the lettuce, tomatoes, red onion, and cilantro. Toss to mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Divide the lettuce mixture among four plates. Top each plate with the cooked ground beef, cheddar cheese, tortilla chips, sour cream, and a squeeze of lime juice.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 30 g

Protein: 25 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	10 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	30 g	107.14%	120%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
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

Appetizers

Main Dishes

Side Dishes

Sauces & Dressings

Events

Picnic

Kitchen Tools

Slow Cooker

Blender

Food Processor

Nutritional Content

Low Calorie

Low Fat

Low Carb

Low Sodium

Sugar-Free

Cooking Method

Steaming

Cut

Cooking

Mashing

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

Visit our website: healthdor.com