

Chili-Cheese Onion Ring Nachos

Heather Donahoe

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Servings: 4

1 bag (13.5 ounce) frozen onion rings

1 can (14 ounce) low-sodium chili

1 1/2 cups cheddar cheese, shredded

1/4 cup pickled sliced jalapeno

peppers

2 tablespoons red onion, thinly sliced

Bake the onion rings according to package instructions. Arrange in a pile in an ovenproof skillet. Top with the chili and cheddar cheese.

Broil until the cheese is melted, about 5 minutes.

Top with the jalapenos and red onion.

Per Serving (excluding unknown items): 173 Calories; 14g Fat (73.2% calories from fat); 11g Protein; 1g Carbohydrate; trace Dietary Fiber; 45mg Cholesterol; 264mg Sodium. Exchanges: 1 1/2 Lean Meat; 0 Vegetable; 2 Fat.