

Kick-Off Nachos

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Servings: 6

1 can (10-3/4 ounce) condensed cheddar cheese soup
1/2 cup chunky salsa
1 bag (about 10 ounce) tortilla chips
chopped tomato
sliced green onions
sliced pitted ripe olives
jalapeno pepper slices (optional)

Preparation Time: 10 minutes

Cook Time: 5 minutes

In a one-quart saucepan, heat the soup and salsa over medium heat until the mixture is hot and bubbling, stirring occasionally.

Pour the soup mixture over the tortilla chips.

Top with the tomato, onions, olives and pepper, if desired.

Per Serving (excluding unknown items): 24 Calories; 1g Fat (45.7% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 25mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	24	Vitamin B6 (mg):	trace
% Calories from Fat:	45.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	48.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	1mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0%
Carbohydrate (g):	3g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	25mg	Vegetable:	0
Potassium (mg):	9mg	Fruit:	0

Calcium (mg): 7mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 9IU
Vitamin A (r.e.): 1RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 24 **Calories from Fat:** 11

% Daily Values*

Total Fat	1g		2%
	Saturated Fat	trace	1%
Cholesterol	0mg		0%
Sodium	25mg		1%
Total Carbohydrates	3g		1%
	Dietary Fiber	trace	1%
Protein	trace		

Vitamin A			0%
Vitamin C			0%
Calcium			1%
Iron			0%

** Percent Daily Values are based on a 2000 calorie diet.*