

Tex-Mex Meatball Nacho Bites

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Yield: 54 meatballs

28 ounces Farm Rich original meatballs

1 package scoop-style tortilla chips

16 ounces Mexican-style shredded cheese

1 package shredded lettuce

8 ounces sour cream

16 ounces salsa

Preparation Time: 40 minutes

Cook the meatballs in the oven per instructions.

Lay out the tortilla chips on a plate and fill with lettuce.

Place a small tablespoon of salsa on the bed of lettuce and add one meatball. Top with a small dollop of sour cream and sprinkle with shredded cheese. Repeat for all meatballs.

Start to Finish Time: 45 minutes

Per Serving (excluding unknown items): 623 Calories; 49g Fat (67.2% calories from fat); 14g Protein; 40g Carbohydrate; 8g Dietary Fiber; 101mg Cholesterol; 2095mg Sodium. Exchanges: 5 Vegetable; 1/2 Non-Fat Milk; 9 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	623	Vitamin B6 (mg):	.6mg
% Calories from Fat:	67.2%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	24.5%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	8.3%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	49g	Folacin (mcg):	125mcg
Saturated Fat (g):	30g	Niacin (mg):	4mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	101mg	% Refuse:	0 0%
Carbohydrate (g):	40g	Food Exchanges	
Dietary Fiber (g):	8g	Grain (Starch):	0
Protein (g):	14g	Lean Meat:	0
Sodium (mg):	2095mg	Vegetable:	5

Potassium (mg): 1441mg
Calcium (mg): 438mg
Iron (mg): 5mg
Zinc (mg): 2mg
Vitamin C (mg): 75mg
Vitamin A (i.u.): 5586IU
Vitamin A (r.e.): 916 1/2RE

Fruit: 0
Non-Fat Milk: 1/2
Fat: 9 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 623 **Calories from Fat:** 419

% Daily Values*

Total Fat 49g	75%
Saturated Fat 30g	149%
Cholesterol 101mg	34%
Sodium 2095mg	87%
Total Carbohydrates 40g	13%
Dietary Fiber 8g	33%
Protein 14g	
Vitamin A	112%
Vitamin C	125%
Calcium	44%
Iron	29%

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