

Nachos with Cheddar Cheese

This appetizer is America's favorite party pleaser.



INGREDIENTS

(Serves 20)

Corn Tortilla	15 (30g each)
Vegetable oil	200 ml
Refried Beans, warmed	450g
U.S. Cheddar Cheese*	500g
Green onion, chopped	75g
Tomato, diced	115g
U.S. Sour Cream	150g
Guacamole	150g
Jalapeño Chilies, pickled	To taste

*Note: May substitute or blend with U.S. cheeses such as Monterey Jack or Pepper Jack.

NUTRITIONAL CONTENT

Per 100g

Calories	327kcal
Total Fat	24g
Saturated Fat	8g
Trans Fat	0g
Cholesterol	30mg
Total Carbohydrates	20g
Dietary Fiber	2g
Sugars	1g
Protein	9g
Calcium	212mg
Magnesium	35mg
Phosphorus	207mg
Potassium	154mg
Sodium	357mg
Iron	1mg
Vitamin A	375IU
Vitamin C	4mg

PREPARATION

1. **Heat the oil in a shallow pan to 190°C (375°F).**
2. **Cut the tortillas like a pie, in six triangle pieces, and fry until crispy, in small batches to maintain temperature.**
3. **Drain to remove excess oil, salt lightly, cool.**
4. **Spread refried beans over top of each triangle.**
5. **Lay out triangles on a baking sheet pan.**
6. **Sprinkle with shredded cheddar cheese.**
7. **Put into the oven and bake at 177°C (350°F) until the cheese has melted and transfer to serving platter.**
8. **Top with chopped green onions, diced tomatoes, U.S. sour cream, guacamole, and jalapeño chilies.**
(Can be made as individual pieces as above or layered on larger platters.)

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2014 U.S. Dairy Export Council.