

Health & Nutrition Sciences

Low FODMAP Nachos Made with SunChips

Created by Alyssa Lavy, MS, RD, CDN



INGREDIENTS (yields 7 servings)

- 16 oz lean ground beef (93%/7% recommended)
- 2 Tbsp garlic infused olive oil
- 1 ¼ tsp smoked paprika
- ½ tsp ground chipotle
- ½ tsp ground cumin
- ¼ tsp salt
- ¼ tsp ground black pepper
- 1 C chopped scallions (green tips only)
- ¼ C sliced mini red bell peppers
- 1 C chopped cherry tomatoes
- 2 oz shredded cheddar cheese
- 1 7-oz bag SunChips Original
- Nonstick cooking spray

MATERIALS

- Oven
- Baking Sheet
(recommended size: 17.25 x 11.5 x 1 in)
- Stovetop
- Medium-sized skillet

OPTIONAL ADD-INS (not included in nutritional analysis)

- Pickled jalapeño pepper slices
- Black olives
- Low FODMAP salsa
- Lactose-free sour cream

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DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Add garlic infused oil to a medium skillet and warm over medium heat. Add ground beef and spices (smoked paprika, chipotle, cumin, salt, ground black pepper) and use spatula to break up the beef and combine with spices. Cook for approximately 10 minutes, then add about half of the chopped scallions. Continue to cook until meat is browned and cooked through, mixing occasionally, about 20 minutes total.
3. Spray a large baking sheet (17.25 x 11.5 x 1 inch recommended) with nonstick cooking spray. Transfer SunChips from the bag to the baking sheet and distribute in an even layer over the surface of the baking sheet.
4. Add the cooked beef and scallion mixture, distributing evenly over the chips.
5. Top the nachos with the shredded cheddar cheese, chopped tomatoes, sliced bell peppers and the remainder of the chopped scallions.
6. Bake in oven for about 5-7 minutes, until cheese is melted and chips are warmed. Serve hot. Enjoy!

NUTRITION FACTS (per serving)*

Calories: 322
Total Fat: 17g
Saturated Fat: 5g
Trans Fat: 0g
Cholesterol: 7mg
Carbohydrates: 23g
Total Sugar: 4g
Fiber: 4g
Protein: 18g
Sodium: 311mg
Calcium: 77mg

* made using 93% / 7% lean ground beef



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Alyssa Lavy, MS, RD, CDN is a registered dietitian who believes that food should be satisfying, nourishing and delicious. She is the owner of Alyssa Lavy Nutrition & Wellness LLC, a private practice based in Connecticut with a focus on digestive health. She provides in person and virtual nutrition counseling with a highly individualized approach, as well as personal training and nutrition consulting for businesses. Alyssa regularly contributes to national media outlets, such as *Women's Health*, *Shape*, *Reader's Digest*, *Cooking Light* and more. You can follow her on Instagram @alyssalavyrd and Facebook @alyssalavynutrition. You can also visit her website and view recipes and nutrition news on her blog at alyssalavy.com or contact her directly at alyssa@alyssalavy.com.



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