FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Meatball nachos with cheese



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**416 kcal**

Stuff that's in it:

• 100G Tortilla Chips

• 150G Eat Lean Spreadable Cheese

• ½ Can Red Kidney Beans

• 1 Can Chopped Tomatoes

• 100G Red Onion (Chopped)

• 5G Chilli Powder ((Mild Or Hot Depending On Preference))

• 1 Tsp Cumin Powder

• 1 Tsp Sweet Paprika

• 2 Garlic Cloves (Chopped)

• 80G Eat Lean Protein Cheddar

• 30G Tomato Purée

• 2 Pack 'Skinny Meatballs' ((Marks And Spencer 528 Calories For 480G) Or Use Mince Beef 5% Fat Or Less, Roll Into Balls)

• Fry Light

What you do:

Nutrition

• Carbs: 33g

• Fat: 12g

• Protein: 41g

Copyright 2024 by Sarah McDonald, All Rights Reserved.