

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

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