

Bell Pepper Keto Nachos

Recipe courtesy of Food Network Kitchen



These are loaded with everything you could hope for on nachos -- beef, cheese, guac, pico de gallo and sour cream -- but instead of chips, pieces of crisp-tender bell pepper make this snack keto-friendly.

Total: 25 min
Active: 25 min
Yield: 4 servings
Level: Easy

Ingredients:

- 2 medium bell peppers (preferably a mix of colors)
- Kosher salt
- 1 tablespoon vegetable oil
- 1/4 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 4 ounces ground beef (80/20)
- 1 cup full-fat shredded Mexican blend cheese
- 1/4 cup guacamole
- 1/4 cup pico de gallo
- 2 tablespoons full-fat sour cream

Nutritional Analysis	Per Serving
Calories	260
Total Fat	20 grams
Saturated Fat	8 grams
Cholesterol	50 milligrams
Sodium	360 milligrams
Carbohydrates	8 grams
Dietary Fiber	2 grams
Protein	13 grams
Sugar	3 grams

Directions:

1 Cut the bell peppers through the stem into sixths, remove the stem and seeds. Transfer to a large microwave safe bowl, add a splash of water and a pinch of salt. Cover and microwave until the pepper pieces are pliable, about 4 minutes. Let cool slightly and then arrange close together on a foil-lined baking sheet, cut sides-up.

2 Meanwhile, heat the oil in a large nonstick skillet over medium-high heat. Add the chili powder and cumin and cook, stirring, until fragrant and toasted, about 30 seconds. Add the ground beef and 1/4 teaspoon salt and cook, stirring and breaking up into bite-size pieces, until browned and cooked through, about 4 minutes.

3 Preheat the broiler. Spoon some beef mixture onto each pepper piece. Sprinkle with cheese and broil until the cheese melts, about 1 minute. Top with dollops of guacamole and pico de gallo. Thin the sour cream out with a little water and drizzle over the nachos.



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