

Spicy Italian Nachos

Yield: 6 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-nachos>

Ingredients:

- 1 pound italian sausage hot or mild
- 1 cup pepperoni slices
- 4 cups tortilla chips
- 2/3 cup spaghetti sauce chunky
- 2 cups mozzarella cheese shredded
- 3 tablespoons black olives sliced, more if you prefer
- 1 teaspoon Italian seasoning
- 1 teaspoon dried parsley or 1 T fresh parsley
- 1/2 teaspoon red pepper flakes adjust to suit your taste
- 1 green onion sliced thin

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 90 milligrams
4. Fat: 37 grams
5. Fiber: 2 grams
6. Protein: 21 grams
7. SaturatedFat: 14 grams
8. Sodium: 990 milligrams
9. Sugar: 3 grams

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