



Baja Stuffed Potatoes

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



601 kcal

SIDE DISH

Ingredients

- ☐ 6 large baking potatoes
- ☐ 22 ounce regular corn mexican-style drained canned
- ☐ 8 ounce chile peppers green drained chopped canned
- ☐ 3 tablespoons olive oil
- ☐ 1.5 cups pepper jack cheese shredded
- ☐ 0.8 cup cup heavy whipping cream sour

Equipment

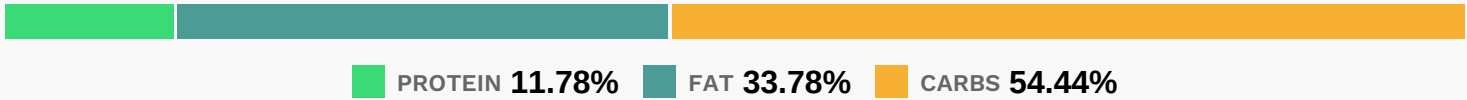
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Pierce each potato several times and rub generously with oil.
- ☐ Bake until softened, about 45 to 55 minutes.
- ☐ Meanwhile, in a medium bowl combine sour cream, cheese, corn and chiles.
- ☐ When the potatoes are cooked, cut a slit in the top of each one and squeeze or scoop out the flesh, leaving a 1/2 inch thick shell.
- ☐ Combine the potato flesh with the cheese mixture; mix well. Spoon the potato mixture back into the shells, and place them on a baking sheet.
- ☐ Bake for 15 minutes, or until cheese is melted and golden brown.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:52.5, Inflammation Score:-7, Nutrition Score:22.694347666657%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 600.55kcal (30.03%), Fat: 23.02g (35.42%), Saturated Fat: 9.6g (60%), Carbohydrates: 83.47g (27.82%), Net Carbohydrates: 78.03g (28.38%), Sugar: 3.41g (3.79%), Cholesterol: 42.1mg (14.03%), Sodium: 516.5mg (22.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.06g (36.12%), Vitamin B6: 1.35mg (67.63%), Potassium: 1760.91mg (50.31%), Vitamin C: 35.99mg (43.62%), Phosphorus: 397.01mg (39.7%), Manganese: 0.64mg (32.19%), Calcium: 303.51mg (30.35%), Folate: 109.03µg (27.26%), Magnesium: 108.32mg (27.08%), Vitamin B3: 4.92mg (24.6%), Iron: 4.17mg (23.15%), Vitamin B1: 0.33mg (22.13%), Fiber: 5.44g (21.76%), Copper: 0.43mg (21.33%), Vitamin B2: 0.31mg (18.07%), Zinc: 2.34mg (15.58%), Vitamin B5: 1.3mg (12.98%), Vitamin K: 11.99µg (11.42%), Selenium: 6.75µg (9.64%), Vitamin A: 447.67IU (8.95%), Vitamin E: 1.23mg (8.18%), Vitamin B12: 0.29µg (4.91%), Vitamin D: 0.17µg (1.13%)