



Baked Potatoes with Corn and Crema Mexicana

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baking potatoes
- ☐ 15.3 ounce whole-kernel corn drained canned
- ☐ 6 tablespoons crema mexicana
- ☐ 1 teaspoon cumin seeds
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup jalapeno finely chopped

- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 teaspoon salt

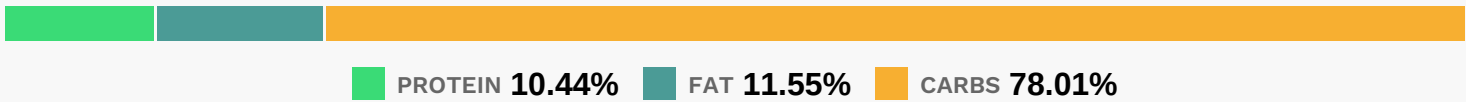
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Pierce potatoes with a fork, and bake at 375 for 1 hour or until tender. Cool potatoes slightly.
- ☐ Cook cumin seeds in a small skillet over medium heat 1 minute or until toasted.
- ☐ Combine cumin seeds and next 6 ingredients (through garlic) in a medium bowl; stir well.
- ☐ Split potatoes lengthwise, cutting to, but not through, other side. Spoon 1/4 cup corn mixture into each potato. Top each serving with 1 tablespoon crema Mexicana.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:32.33, Inflammation Score:-5, Nutrition Score:12.362173894177%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 258.51kcal (12.93%), Fat: 3.5g (5.38%), Saturated Fat: 0.24g (1.53%), Carbohydrates: 53.21g (17.74%), Net Carbohydrates: 48.64g (17.69%), Sugar: 5.33g (5.92%), Cholesterol: 7.95mg (2.65%), Sodium: 318.82mg (13.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.24%), Vitamin B6: 0.83mg (41.73%), Potassium: 1064.68mg (30.42%), Vitamin C: 20.25mg (24.54%), Manganese: 0.46mg (23.15%), Fiber: 4.56g (18.25%),

Phosphorus: 162.05mg (16.21%), Magnesium: 63.87mg (15.97%), Vitamin B3: 3.14mg (15.72%), Folate: 60.06µg (15.01%), Vitamin B1: 0.22mg (14.57%), Iron: 2.39mg (13.29%), Copper: 0.27mg (13.26%), Vitamin B5: 0.96mg (9.6%), Vitamin B2: 0.14mg (8.48%), Zinc: 0.92mg (6.14%), Calcium: 60.95mg (6.1%), Vitamin K: 5.25µg (5%), Vitamin A: 158.39IU (3.17%), Selenium: 1.45µg (2.07%), Vitamin E: 0.25mg (1.65%)