



HEALTH SCORE

56%

Baked Potatoes with Spiced Beef Chili



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



415 kcal

SIDE DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes canned
- ☐ 1 tablespoon chili powder
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 8 ounces ground beef lean
- ☐ 2 teaspoons oregano dried
- ☐ 2 teaspoons red wine vinegar
- ☐ 16 ounce yukon gold potatoes

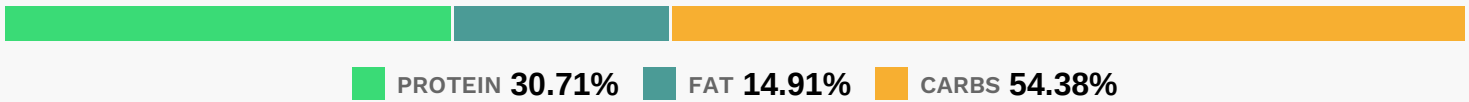
Equipment

- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 450°F. Pierce potatoes in several places with fork. Microwave potatoes on high 7 minutes, turning once.
- ☐ Transfer potatoes to oven and bake until tender, about 20 minutes.
- ☐ Meanwhile, saut&) beef in heavy large skillet over medium-high heat 4 minutes, breaking up meat with back of fork.
- ☐ Mix in chili powder, oregano and cinnamon.
- ☐ Add tomatoes and bring sauce to simmer, breaking up large tomato pieces with fork. Reduce heat, cover and simmer 8 minutes to blend flavors. Uncover and simmer until sauce thickens slightly, stirring often, about 3 minutes.
- ☐ Add vinegar; season sauce with salt and pepper.
- ☐ Split potatoes crosswise or lengthwise; fluff insides lightly with fork.
- ☐ Place on plates. Ladle beef over potatoes.

Nutrition Facts



Properties

Glycemic Index:65.88, Glycemic Load:33.25, Inflammation Score:-10, Nutrition Score:37.09304356575%

Flavonoids

Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 414.52kcal (20.73%), Fat: 7.11g (10.94%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 58.39g (19.46%), Net Carbohydrates: 46.99g (17.09%), Sugar: 11.19g (12.44%), Cholesterol: 70.31mg (23.44%), Sodium: 426.31mg (18.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.97g (65.94%), Vitamin C: 63.71mg (77.22%),

Vitamin B6: 1.53mg (76.37%), Potassium: 2056.69mg (58.76%), Vitamin B3: 11.7mg (58.48%), Manganese: 0.99mg (49.59%), Zinc: 7.22mg (48.14%), Iron: 8.63mg (47.96%), Fiber: 11.4g (45.61%), Phosphorus: 435.25mg (43.53%), Vitamin B12: 2.54µg (42.34%), Copper: 0.76mg (38.16%), Vitamin A: 1667.93IU (33.36%), Magnesium: 130.08mg (32.52%), Selenium: 22.57µg (32.24%), Vitamin E: 4.81mg (32.08%), Vitamin K: 32.36µg (30.82%), Vitamin B1: 0.4mg (26.38%), Vitamin B2: 0.41mg (24.14%), Vitamin B5: 2.03mg (20.26%), Folate: 74.57µg (18.64%), Calcium: 157.75mg (15.78%)