



WHATSheATE



HEALTH SCORE

56%

Black Bean and Corn-Topped Potatoes



Vegetarian



Gluten Free

READY IN



14 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce baking potatoes
- ☐ 15 ounce no-salt-added black beans organic rinsed drained canned (such as Eden)
- ☐ 0.5 teaspoon chili powder
- ☐ 1.5 cups whole-kernel corn frozen
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 ounce cheddar-jack cheese shredded reduced-fat (such as Cabot)

- ☐ 0.5 cup onion chopped
- ☐ 1.5 cups salsa fresh

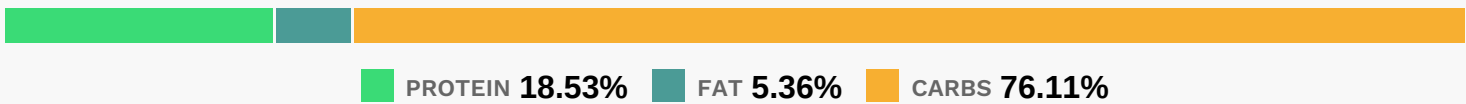
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ microwave

Directions

- ☐ Pierce potatoes with a fork; arrange in a circle on paper towels in microwave oven. Microwave at HIGH 10 minutes, turning and rearranging potatoes after 5 minutes.
- ☐ While potatoes cook, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and next 3 ingredients; saut 3 minutes. Reduce heat to low.
- ☐ Add beans, corn, and salsa; cook 4 minutes or until thoroughly heated.
- ☐ Split potatoes lengthwise, cutting to, but not through, other side. Fluff with a fork. Spoon about 1 cup bean mixture over each potato. Top each serving evenly with cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:52.19, Glycemic Load:29.53, Inflammation Score:-8, Nutrition Score:23.340000084723%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 369.49kcal (18.47%), Fat: 2.32g (3.57%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 74.19g (24.73%), Net Carbohydrates: 59.21g (21.53%), Sugar: 8.44g (9.38%), Cholesterol: 1.49mg (0.5%), Sodium: 825.07mg

(35.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.06g (36.11%), Fiber: 14.98g (59.94%), Folate: 214.24µg (53.56%), Manganese: 1mg (49.79%), Vitamin B6: 0.91mg (45.46%), Potassium: 1478.36mg (42.24%), Magnesium: 142.13mg (35.53%), Phosphorus: 348mg (34.8%), Vitamin B1: 0.47mg (31.55%), Iron: 4.76mg (26.45%), Copper: 0.5mg (25.2%), Vitamin B3: 4.1mg (20.52%), Vitamin C: 14.79mg (17.93%), Zinc: 2.3mg (15.31%), Vitamin B2: 0.23mg (13.71%), Vitamin A: 666.92IU (13.34%), Vitamin B5: 1.24mg (12.39%), Calcium: 122.84mg (12.28%), Vitamin K: 10.7µg (10.19%), Vitamin E: 1.41mg (9.39%), Selenium: 4.63µg (6.61%)