



Chicken and Tomato Topped Potatoes

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 medium baking potatoes
- ☐ 2 cups rotisserie chicken cut shredded skinless ()
- ☐ 4 oz mild cheddar cheese shredded
- ☐ 1 cup plum tomatoes italian chopped (Roma)
- ☐ 0.5 teaspoon highest available proof grain spirit
- ☐ 0.8 cup cream sour
- ☐ 0.3 cup oz. bacon into pieces cooked (from 2.5-oz package)

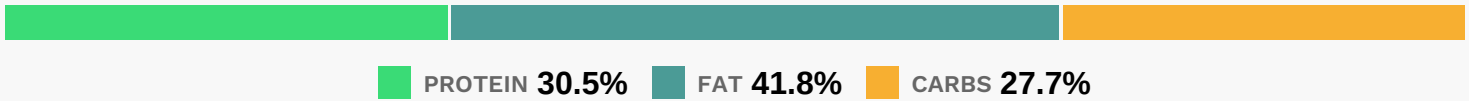
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Scrub potatoes; prick several times with fork.
- ☐ Place potatoes on microwavable plate. Microwave on High for 15 to 17 minutes or until fork-tender.
- ☐ Meanwhile, in medium bowl, mix chicken, cheese and tomatoes.
- ☐ Split each potato in half lengthwise; place on microwavable plate. Mash each potato slightly.
- ☐ Sprinkle each with garlic-pepper blend; top with sour cream. Spoon 1/2 cup chicken mixture on each potato.
- ☐ Sprinkle with bacon pieces. Microwave on High for 2 to 3 minutes or until hot and cheese is melted.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:51.44, Glycemic Load:31.3, Inflammation Score:-7, Nutrition Score:16.035652196926%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 625.04kcal (31.25%), Fat: 29.48g (45.35%), Saturated Fat: 13.45g (84.05%), Carbohydrates: 43.96g (14.65%), Net Carbohydrates: 40.44g (14.71%), Sugar: 4.48g (4.97%), Cholesterol: 177.45mg (59.15%), Sodium: 834.78mg (36.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.39g (96.78%), Vitamin B6: 0.82mg (41.09%), Potassium: 1106.75mg (31.62%), Phosphorus: 296.63mg (29.66%), Calcium: 277.72mg (27.77%), Vitamin C: 20.63mg (25.01%), Vitamin A: 1047.67IU (20.95%), Manganese: 0.42mg (20.88%), Magnesium: 68.55mg (17.14%), Vitamin B2: 0.28mg (16.51%), Selenium: 10.49µg (14.98%), Vitamin B1: 0.21mg (14.27%), Fiber: 3.52g (14.07%), Copper: 0.27mg (13.73%), Vitamin B3: 2.65mg (13.26%), Zinc: 1.94mg (12.92%), Folate: 47.82µg (11.95%), Iron: 2.08mg (11.55%), Vitamin B5: 0.96mg (9.62%), Vitamin K: 9.85µg (9.38%), Vitamin B12: 0.39µg (6.52%), Vitamin E:

0.72mg (4.81%), Vitamin D: 0.17µg (1.13%)