



## Chicken Fajita Spuds

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons butter
- 6 chicken breast halves
- 6 servings cilantro leaves fresh chopped
- 2 teaspoons ground cumin
- 0.3 teaspoon pepper black
- 0.3 teaspoon ground pepper red
- 6 ounces cheese shredded mexican-style divided
- 3 tablespoons milk

- 1 teaspoon oregano dried crushed
- 6 large potatoes
- 0.5 teaspoon salt
- 0.5 cup cream sour

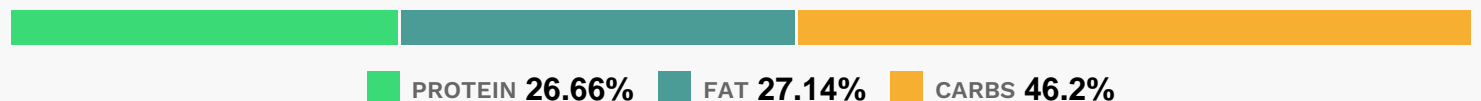
## Equipment

- baking sheet
- oven
- baking pan

## Directions

- Combine first 4 ingredients; rub onto all sides of chicken breast halves.
- Place chicken in a lightly greased 13- x 9-inch baking dish, and let stand 15 minutes.
- Bake chicken at 400 for 6 minutes on each side.
- Cut into strips.
- Cut a 1-inch-wide strip from top of each baked potato. Carefully scoop out pulp, leaving shells intact; set shells aside. Mash pulp; stir in 1 cup cheese blend, 1/2 cup sour cream, butter, and next 3 ingredients. Spoon into shells, and place on a baking sheet.
- Bake potatoes at 350 for 20 minutes.
- Sprinkle with remaining cheese blend, and top with chicken.
- Bake 5 more minutes or until cheese melts.
- Serve with sour cream and salsa.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:42.46, Glycemic Load:47.52, Inflammation Score:-8, Nutrition Score:33.273913279824%

## Flavonoids

Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

## Nutrients (% of daily need)

Calories: 577.88kcal (28.89%), Fat: 17.49g (26.91%), Saturated Fat: 7.34g (45.87%), Carbohydrates: 66.99g (22.33%), Net Carbohydrates: 58.62g (21.32%), Sugar: 4.22g (4.69%), Cholesterol: 106.92mg (35.64%), Sodium: 578.85mg (25.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.65g (77.31%), Vitamin B6: 1.97mg (98.35%), Vitamin C: 74.38mg (90.16%), Vitamin B3: 15.79mg (78.93%), Selenium: 43µg (61.43%), Potassium: 2049.77mg (58.56%), Phosphorus: 575.45mg (57.54%), Fiber: 8.38g (33.5%), Manganese: 0.64mg (32.23%), Magnesium: 126.52mg (31.63%), Vitamin B5: 2.84mg (28.44%), Vitamin B1: 0.39mg (25.98%), Calcium: 235.29mg (23.53%), Iron: 4.02mg (22.32%), Copper: 0.45mg (22.27%), Vitamin B2: 0.36mg (21.21%), Zinc: 2.69mg (17.95%), Folate: 67.76µg (16.94%), Vitamin B12: 0.96µg (15.96%), Vitamin A: 587.42IU (11.75%), Vitamin K: 10.82µg (10.31%), Vitamin E: 0.64mg (4.25%), Vitamin D: 0.31µg (2.06%)