



Chili Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds baking potatoes
- 1 teaspoon bottled garlic minced
- 16 ounce kidney beans drained canned
- 14.5 ounce canned tomatoes with jalapeño peppers and spices, undrained and chopped mexican-style canned
- 1 tablespoon chili powder
- 0.5 teaspoon ground cumin
- 0.5 pound ground round
- 1 cup onion frozen chopped

- 1.3 ounces sharp cheddar cheese shredded
- 8 ounce no-salt-added tomato sauce canned

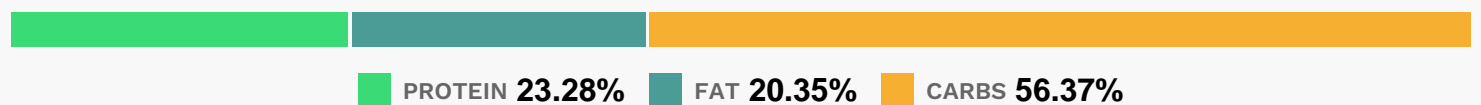
Equipment

- frying pan
- paper towels
- sauce pan
- oven
- microwave

Directions

- Pierce potatoes with a fork; arrange in a circle on paper towels in microwave oven. Microwave at HIGH 9 minutes or until done, turning and rearranging potatoes after 5 minutes.
- Let stand 5 minutes.
- Cook meat in a large saucepan over medium-high heat until browned, stirring to crumble.
- Drain well; return meat to pan.
- Add beans and next 6 ingredients; stir well. Cook over medium-high heat 8 minutes.
- Split open each potato, and squeeze to open; fluff pulp with a fork. Spoon 1 cup chili mixture into center of each potato; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:77.19, Glycemic Load:33.88, Inflammation Score:-9, Nutrition Score:29.072173947873%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 434.54kcal (21.73%), Fat: 10.19g (15.68%), Saturated Fat: 4.33g (27.08%), Carbohydrates: 63.54g (21.18%), Net Carbohydrates: 51.08g (18.58%), Sugar: 11.58g (12.87%), Cholesterol: 46.07mg (15.36%), Sodium: 835.92mg (36.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.25g (52.49%), Vitamin B6: 1.21mg (60.47%), Potassium: 1769.62mg (50.56%), Fiber: 12.45g (49.81%), Manganese: 0.97mg (48.36%), Phosphorus: 429.23mg (42.92%), Iron: 6.66mg (37.01%), Vitamin B3: 7.32mg (36.59%), Copper: 0.68mg (34.03%), Vitamin C: 27.41mg (33.22%), Zinc: 4.83mg (32.22%), Magnesium: 124.24mg (31.06%), Vitamin B1: 0.4mg (26.95%), Vitamin A: 1157.56IU (23.15%), Vitamin B2: 0.38mg (22.55%), Vitamin B12: 1.35µg (22.51%), Selenium: 15.7µg (22.43%), Folate: 85.32µg (21.33%), Vitamin E: 3.17mg (21.14%), Calcium: 190.21mg (19.02%), Vitamin K: 17.73µg (16.88%), Vitamin B5: 1.57mg (15.7%)