



Chili-Stuffed Baked Potatoes



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



723 kcal

SIDE DISH

Ingredients

- ☐ 19 oz beans red rinsed drained canned
- ☐ 1 tablespoons chili powder
- ☐ 1 pound ground beef
- ☐ 1 small onion chopped
- ☐ 2 cups pasta sauce ragu® old world style®
- ☐ 4 large potatoes split

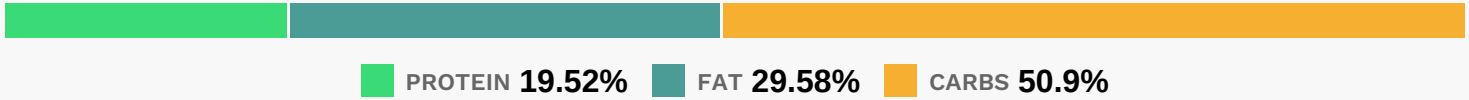
Equipment

- ☐ frying pan

Directions

- ☐
- Brown ground beef with onion in 12-inch skillet, stirring occasionally, 8 minutes or until onion is tender; drain if desired. Stir in chili powder and cook 30 seconds. Stir in beans and Ragu Old World Style Pasta Sauce. Bring to a boil over high heat. Reduce heat to low and simmer, stirring occasionally, 5 minutes or until heated through. Evenly top hot potatoes with ground beef mixture.
- ☐
- Garnish, if desired, with diced avocado, sour cream and shredded cheddar cheese.
Preparation time: 15 Minute(s) Cook time: 20 Minute(s)

Nutrition Facts



Properties

Glycemic Index:51.94, Glycemic Load:56.32, Inflammation Score:-9, Nutrition Score:40.987825549167%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 723.28kcal (36.16%), Fat: 24.17g (37.18%), Saturated Fat: 9g (56.26%), Carbohydrates: 93.57g (31.19%), Net Carbohydrates: 75.48g (27.45%), Sugar: 10.62g (11.8%), Cholesterol: 80.51mg (26.84%), Sodium: 1057mg (45.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.89g (71.77%), Vitamin C: 83.65mg (101.4%), Vitamin B6: 1.75mg (87.27%), Potassium: 2638.16mg (75.38%), Fiber: 18.09g (72.34%), Manganese: 1.16mg (57.77%), Phosphorus: 576.39mg (57.64%), Vitamin B3: 10.81mg (54.07%), Zinc: 7.03mg (46.87%), Iron: 8.32mg (46.22%), Magnesium: 167.65mg (41.91%), Copper: 0.83mg (41.67%), Vitamin B12: 2.43µg (40.45%), Vitamin B1: 0.53mg (35.28%), Selenium: 20.83µg (29.75%), Folate: 116.9µg (29.22%), Vitamin B2: 0.48mg (28.19%), Vitamin A: 1131.15IU (22.62%), Vitamin B5: 2.25mg (22.54%), Vitamin E: 3.06mg (20.39%), Vitamin K: 20.19µg (19.23%), Calcium: 131.52mg (13.15%)