



HEALTH SCORE

76%

Chili-Stuffed Potatoes



Vegetarian



Gluten Free



Very Healthy

READY IN



28 min.

SERVINGS



4

CALORIES



278 kcal

SIDE DISH

Ingredients

- ☐ 4 medium baking potatoes
- ☐ 15 ounce vegetarian chili canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 ounce cheddar cheese shredded reduced-fat
- ☐ 1 ounce monterrey jack cheese shredded reduced-fat
- ☐ 0.5 cup nonfat cream sour
- ☐ 1 cup tomatoes seeded chopped (1 medium)

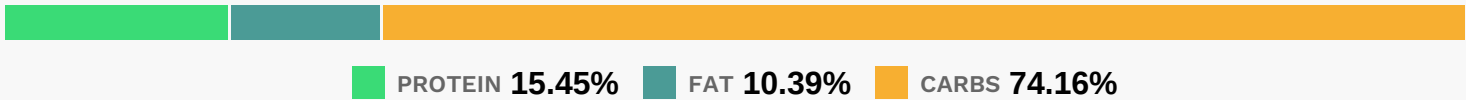
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Scrub potatoes; prick several times with a fork.
- ☐ Place potatoes 1 inch apart on a microwave-safe rack or on paper towels. Microwave at HIGH 14 to 17 minutes, rearranging once; let stand 2 minutes.
- ☐ While potatoes cook, place chili in a small saucepan, and cook over medium-high heat until thoroughly heated, stirring occasionally.
- ☐ Cut an X to within 1/2-inch of bottoms of baked potatoes. Squeeze potatoes to open; fluff with a fork. Spoon chili evenly onto potatoes; sprinkle with cheeses. Top each with 1/4 cup tomato, 2 tablespoons sour cream, and 1 tablespoon cilantro.

Nutrition Facts



Properties

Glycemic Index:56.69, Glycemic Load:34.17, Inflammation Score:-9, Nutrition Score:22.343478372563%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 277.7kcal (13.89%), Fat: 3.36g (5.17%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 54.01g (18%), Net Carbohydrates: 49.17g (17.88%), Sugar: 8.13g (9.03%), Cholesterol: 10.38mg (3.46%), Sodium: 148.98mg (6.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.25g (22.5%), Vitamin C: 170.28mg (206.4%), Vitamin B6: 1.32mg (65.93%), Potassium: 1371.53mg (39.19%), Vitamin A: 1534.47IU (30.69%), Manganese: 0.58mg (29.06%), Phosphorus: 265.37mg (26.54%), Vitamin K: 24.98µg (23.79%), Magnesium: 83.72mg (20.93%), Copper: 0.39mg (19.46%), Fiber: 4.84g (19.35%), Vitamin B3: 3.79mg (18.95%), Vitamin B1: 0.28mg (18.6%), Iron: 3.13mg (17.37%), Calcium: 165.19mg (16.52%), Folate: 65.7µg (16.42%), Vitamin B2: 0.26mg (15.11%), Zinc: 1.45mg (9.65%), Vitamin B5: 0.92mg (9.22%), Selenium: 4.97µg (7.1%), Vitamin E: 1mg (6.69%), Vitamin B12: 0.18µg (3%)