



Chili-Topped Baked Potatoes

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



241 kcal

SIDE DISH

Ingredients

- 15 oz chili canned
- 0.3 cup knudsen cream sour
- 1.3 lb russet potatoes
- 0.5 cup cheddar cheese shredded kraft

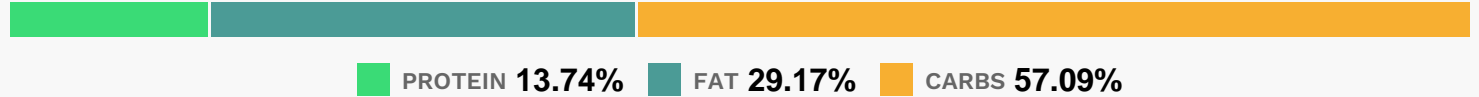
Equipment

- microwave

Directions

- Put potatoes on microwaveable plate. Prick in several places with fork.
- Microwave on HIGH 8 to 10 min. or until tender.
- Heat chili.
- Cut potatoes; top with chili, cheese and sour cream.

Nutrition Facts



Properties

Glycemic Index:39.19, Glycemic Load:23.74, Inflammation Score:-9, Nutrition Score:18.284782557384%

Nutrients (% of daily need)

Calories: 240.6kcal (12.03%), Fat: 8.17g (12.57%), Saturated Fat: 4.25g (26.53%), Carbohydrates: 35.99g (12%), Net Carbohydrates: 32.55g (11.84%), Sugar: 7.05g (7.83%), Cholesterol: 22.61mg (7.54%), Sodium: 113.49mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.33%), Vitamin C: 160.98mg (195.12%), Vitamin B6: 1.04mg (52.13%), Potassium: 962.25mg (27.49%), Vitamin A: 1244.58IU (24.89%), Manganese: 0.42mg (21.22%), Phosphorus: 199.29mg (19.93%), Vitamin K: 17.99µg (17.13%), Magnesium: 62.3mg (15.58%), Calcium: 147.69mg (14.77%), Copper: 0.29mg (14.52%), Vitamin B3: 2.81mg (14.05%), Fiber: 3.44g (13.75%), Vitamin B1: 0.2mg (13.32%), Vitamin B2: 0.22mg (13.21%), Iron: 2.35mg (13.04%), Folate: 48.12µg (12.03%), Zinc: 1.25mg (8.36%), Selenium: 5.63µg (8.04%), Vitamin B5: 0.75mg (7.47%), Vitamin E: 0.91mg (6.06%), Vitamin B12: 0.18µg (3%)