



Chili-Topped Potatoes

 Gluten Free

READY IN



48 min.

SERVINGS



4

CALORIES



978 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large baking potatoes
- ☐ 16 ounce pinto beans undrained canned
- ☐ 10 ounce canned tomatoes diced green undrained canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 4 servings toppings: cheddar cheese shredded sour chopped
- ☐ 1 pound ground beef
- ☐ 1 onion chopped
- ☐ 1 ounce dressing mix ranch-style

- ☐ 1.3 ounce taco seasoning
- ☐ 2 cups water
- ☐ 15.3 ounce kernel corn whole drained canned

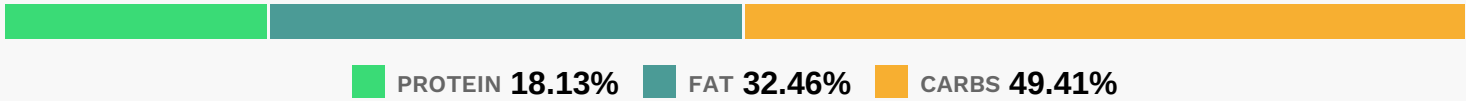
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ Cook ground beef and onion in a Dutch oven, stirring until beef crumbles and is no longer pink; drain and return to pan. Stir in pinto beans and next 6 ingredients; bring to a boil. Reduce heat, and simmer, stirring occasionally, 20 minutes.
- ☐ Scrub potatoes; prick several times with a fork.
- ☐ Microwave potatoes 1 inch apart on paper towels at HIGH 14 minutes or until done, turning and rearranging after 5 minutes.
- ☐ Let stand 2 minutes. Split potatoes, and top evenly with chili.
- ☐ Serve with desired toppings.
- ☐ NOTE: If you like less chili on your potato, freeze half of mixture up to 3 months. Thaw in refrigerator, and microwave at HIGH, stirring occasionally, until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:64.94, Glycemic Load:62.16, Inflammation Score:-9, Nutrition Score:45.660000137661%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg,

Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 977.83kcal (48.89%), Fat: 35.87g (55.18%), Saturated Fat: 15.01g (93.8%), Carbohydrates: 122.85g (40.95%), Net Carbohydrates: 107.4g (39.06%), Sugar: 14.01g (15.57%), Cholesterol: 110.51mg (36.84%), Sodium: 2253.24mg (97.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.08g (90.16%), Vitamin B6: 2.04mg (101.87%), Potassium: 2855.28mg (81.58%), Phosphorus: 731.7mg (73.17%), Manganese: 1.37mg (68.4%), Fiber: 15.45g (61.78%), Vitamin B3: 11.93mg (59.64%), Iron: 10.24mg (56.88%), Zinc: 8.38mg (55.84%), Vitamin C: 45.66mg (55.35%), Copper: 1.02mg (51.19%), Magnesium: 200.22mg (50.05%), Vitamin B12: 2.74µg (45.75%), Calcium: 404.85mg (40.49%), Selenium: 28.16µg (40.22%), Vitamin B1: 0.58mg (38.54%), Folate: 152.26µg (38.06%), Vitamin B2: 0.55mg (32.59%), Vitamin A: 1509.25IU (30.19%), Vitamin B5: 2.47mg (24.75%), Vitamin E: 3.55mg (23.66%), Vitamin K: 21.1µg (20.09%), Vitamin D: 0.29µg (1.96%)