



## Ground Beef- and Corn-Topped Potato Skins

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



371 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 large baking potatoes
- 8 oz tomato sauce canned
- 0.3 cup approx cream cheese spread sour (from 12-oz container)
- 4 servings chives thinly sliced
- 1 cup corn whole frozen
- 2 tablespoons spring onion sliced
- 0.5 lb ground beef 80% lean (at least )
- 0.3 teaspoon pepper

- 1 plum tomatoes chopped (Roma)
- 0.5 teaspoon salt

## Equipment

- bowl
- frying pan
- paper towels
- oven
- microwave

## Directions

- Pierce potatoes with fork; place on microwavable paper towel in microwave oven. Microwave on High 8 to 10 minutes, turning after 4 to 5 minutes, until tender.
- Let stand about 5 minutes until cool enough to handle.
- Cut potatoes in half lengthwise. Scoop out about 2 tablespoons of pulp from center of each half; place in medium bowl. Reserve potato shells. Mash potato pulp with fork. Stir in sour cream; set aside.
- Meanwhile, in 10-inch skillet, cook beef, salt and pepper over medium-high heat 5 to 7 minutes, stirring frequently, until beef is thoroughly cooked; drain. Stir in corn, tomato sauce, onions and tomato. Cook 3 to 4 minutes, stirring occasionally, until hot and bubbly.
- Spoon beef mixture into potato shells. Top each with about 1/4 cup potato and sour cream mixture.
- Place on microwavable platter. Microwave uncovered on High 4 to 6 minutes or until thoroughly heated.
- Serve immediately. Top with chives.

## Nutrition Facts

 **PROTEIN 17.37%**  **FAT 36.73%**  **CARBS 45.9%**

## Properties

Glycemic Index:69.19, Glycemic Load:27.42, Inflammation Score:-6, Nutrition Score:16.586956599484%

## Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 370.68kcal (18.53%), Fat: 15.32g (23.56%), Saturated Fat: 6.49g (40.55%), Carbohydrates: 43.06g (14.35%), Net Carbohydrates: 39.49g (14.36%), Sugar: 4.1g (4.55%), Cholesterol: 49.05mg (16.35%), Sodium: 734.92mg (31.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.3g (32.6%), Vitamin B6: 0.89mg (44.56%), Potassium: 1184.04mg (33.83%), Vitamin B3: 5.28mg (26.38%), Phosphorus: 227.35mg (22.74%), Vitamin C: 18.39mg (22.29%), Zinc: 3.18mg (21.2%), Manganese: 0.42mg (20.99%), Vitamin B12: 1.21µg (20.22%), Iron: 3.43mg (19.06%), Magnesium: 67.65mg (16.91%), Copper: 0.32mg (15.83%), Vitamin K: 15.7µg (14.95%), Fiber: 3.57g (14.28%), Selenium: 9.62µg (13.74%), Vitamin B1: 0.2mg (13.55%), Folate: 51.09µg (12.77%), Vitamin A: 585.37IU (11.71%), Vitamin B2: 0.19mg (11.41%), Vitamin B5: 1.04mg (10.36%), Vitamin E: 1.17mg (7.81%), Calcium: 65.27mg (6.53%)