



Mexican Hot Dance Spuds

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz tomato sauce canned
- ☐ 1 tablespoon chili powder
- ☐ 0.5 cup green onions thinly sliced
- ☐ 1 cup jack cheese shredded or
- ☐ 1 pound ground beef lean
- ☐ 4 oz olives ripe drained sliced canned
- ☐ 32 oz russet potatoes scrubbed
- ☐ 1 cup tomato salsa

☐ 4 servings salt and pepper

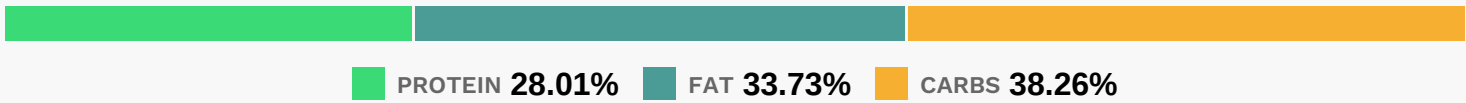
Equipment

- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Pierce potatoes with a fork. Cook in a microwave oven on full power (100%), turning over once, until potatoes are tender when pierced, 15 to 20 minutes. Or bake in a conventional oven at 400 until tender when pierced, about 45 to 55 minutes.
- ☐ Meanwhile, in a 10- to 12-inch nonstick frying pan over high heat, stir beef until crumbled and lightly browned, about 5 minutes.
- ☐ Add chili powder to beef and stir about 1 minute.
- ☐ Add tomato sauce and salsa. Reduce heat and simmer, uncovered, to blend flavors, about 5 minutes.
- ☐ Cut the potatoes in half lengthwise. Spoon meat mixture equally onto cut side of each potato half, and top equally with cheese, tomato, onions, and olives.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:47.19, Glycemic Load:33.58, Inflammation Score:-9, Nutrition Score:32.549130465673%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 532.99kcal (26.65%), Fat: 20.4g (31.38%), Saturated Fat: 8.7g (54.38%), Carbohydrates: 52.06g (17.35%), Net Carbohydrates: 45.14g (16.41%), Sugar: 6.58g (7.31%), Cholesterol: 98.56mg (32.85%), Sodium: 1636.93mg (71.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.12g (76.24%), Vitamin B6: 1.47mg (73.74%), Phosphorus: 526.52mg (52.65%), Zinc: 7.87mg (52.45%), Vitamin B3: 10.25mg (51.23%), Potassium: 1781.39mg (50.9%), Vitamin B12: 2.84µg (47.33%), Selenium: 30.3µg (43.28%), Vitamin K: 37.8µg (36%), Iron: 6.18mg (34.35%), Vitamin A: 1671.88IU (33.44%), Calcium: 296.02mg (29.6%), Manganese: 0.56mg (27.94%), Magnesium: 111.6mg (27.9%), Fiber: 6.93g (27.7%), Vitamin B2: 0.47mg (27.67%), Vitamin E: 4.07mg (27.15%), Copper: 0.5mg (25.11%), Vitamin C: 20.5mg (24.84%), Vitamin B1: 0.29mg (19.66%), Vitamin B5: 1.87mg (18.68%), Folate: 60.47µg (15.12%), Vitamin D: 0.28µg (1.89%)