



Puerto Rican-Style Stuffed Potatoes

READY IN



115 min.

SERVINGS



55

CALORIES



45 kcal

SIDE DISH

Ingredients

- 5 olives black pitted chopped
- 2 Tbsp flour
- 0.3 cup cilantro leaves fresh finely chopped
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 2 cups oil
- 1 small bell pepper red finely chopped
- 15 ritz crackers crushed
- 0.7 cup sharp cheddar cheese shredded kraft
- 1.3 cups meat from a rotisserie chicken shredded cooked

- 2 lb potatoes white peeled quartered (8)

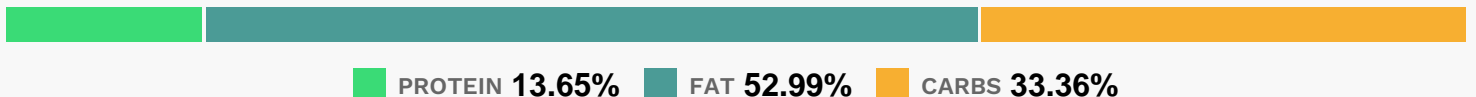
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Cook potatoes in boiling water 20 min. or until tender; drain.
- Place in medium bowl. Mash until smooth. Stir in cracker crumbs. Refrigerate 1 hour or until chilled.
- Heat dressing in medium skillet on medium heat.
- Add peppers and cilantro; cook 5 min., stirring occasionally.
- Add chicken and olives; stir.
- Remove from heat; stir in cheese.
- Heat oil in medium saucepan to 375F. Shape potato mixture into 5-inch patties with lightly floured hands, using about 1/3 cup of the potato mixture for each patty. Spoon about 1/4 cup chicken mixture onto center of each patty. Fold edges of patties over chicken mixture to completely enclose filling. Shape each into oval shape, resembling a large potato.
- Add, 2 at a time, to hot oil; cook 5 to 6 min. or until golden brown.
- Drain well.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.54, Glycemic Load:2.29, Inflammation Score:-1, Nutrition Score:1.7291304554952%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 45.2kcal (2.26%), Fat: 2.69g (4.13%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 3.37g (1.23%), Sugar: 0.32g (0.35%), Cholesterol: 3.76mg (1.25%), Sodium: 30.62mg (1.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Vitamin C: 4.99mg (6.05%), Vitamin B6: 0.07mg (3.39%), Vitamin E: 0.37mg (2.5%), Phosphorus: 24.79mg (2.48%), Vitamin B3: 0.5mg (2.48%), Vitamin K: 2.51µg (2.39%), Potassium: 82.87mg (2.37%), Selenium: 1.37µg (1.95%), Fiber: 0.43g (1.73%), Manganese: 0.03mg (1.71%), Vitamin B1: 0.02mg (1.49%), Calcium: 13.75mg (1.37%), Magnesium: 5.29mg (1.32%), Vitamin A: 64.01IU (1.28%), Iron: 0.23mg (1.27%), Vitamin B2: 0.02mg (1.22%), Folate: 4.85µg (1.21%), Copper: 0.02mg (1.12%), Zinc: 0.16mg (1.05%)