



Santa Fe Black Bean-Topped Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds baking potatoes
- 1 teaspoon bottled garlic minced
- 15 ounce black beans rinsed drained canned
- 14.5 ounce canned tomatoes drained coarsely chopped canned
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon ground cumin
- 0.3 cup cup heavy whipping cream sour low-fat
- 4 ounces monterrey jack cheese shredded with jalapeño peppers

- 0.5 cup onion coarsely chopped
- 0.3 cup bottled salsa
- 2 teaspoons vegetable oil
- 1 cup bell pepper diced yellow

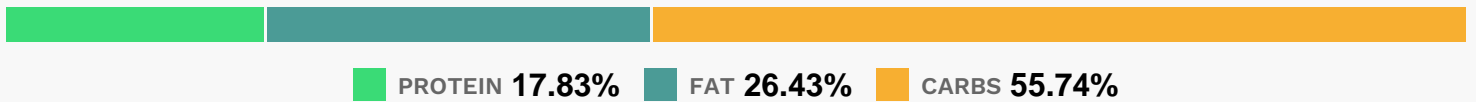
Equipment

- frying pan
- paper towels
- oven
- microwave

Directions

- Pierce potatoes with a fork; arrange in a circle on paper towels in microwave oven. Microwave at high 16 minutes or until done, rearranging potatoes after 8 minutes.
- Let stand 5 minutes.
- While potatoes cook, heat oil in a large nonstick skillet over medium heat.
- Add bell pepper, onion, and garlic, and stir-fry 3 minutes. Stir in the salsa, cumin, beans, and tomatoes, and cook for 7 minutes or until thick.
- Split potatoes open with fork, and fluff pulp. Spoon 3/4 cup bean mixture over each potato. Top each serving with 1/4 cup cheese, 1 tablespoon sour cream, and 1 tablespoon cilantro.

Nutrition Facts



Properties

Glycemic Index:60.94, Glycemic Load:26.87, Inflammation Score:-8, Nutrition Score:28.188695809116%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg

Nutrients (% of daily need)

Calories: 437.5kcal (21.87%), Fat: 13.36g (20.55%), Saturated Fat: 6.91g (43.16%), Carbohydrates: 63.4g (21.13%), Net Carbohydrates: 50.73g (18.45%), Sugar: 7.46g (8.28%), Cholesterol: 30.26mg (10.09%), Sodium: 879.61mg (38.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.28g (40.56%), Vitamin C: 93.09mg (112.84%), Fiber: 12.67g (50.69%), Vitamin B6: 0.97mg (48.43%), Potassium: 1574.52mg (44.99%), Manganese: 0.84mg (42.08%), Phosphorus: 403.89mg (40.39%), Calcium: 348.37mg (34.84%), Copper: 0.65mg (32.54%), Iron: 5.71mg (31.71%), Folate: 123.77µg (30.94%), Magnesium: 118.1mg (29.52%), Vitamin B1: 0.41mg (27.26%), Vitamin B2: 0.39mg (23.01%), Vitamin B3: 4.35mg (21.76%), Vitamin K: 17.57µg (16.73%), Zinc: 2.45mg (16.34%), Vitamin A: 744.9IU (14.9%), Vitamin E: 1.91mg (12.76%), Vitamin B5: 1.2mg (11.97%), Selenium: 7.85µg (11.22%), Vitamin B12: 0.3µg (4.93%), Vitamin D: 0.2µg (1.33%)