



Southwestern Potato Packet

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4.5 oz chiles green undrained chopped canned
- 0.3 tsp chili powder
- 0.5 cup knudsen cream sour
- 0.3 cup cilantro leaves fresh chopped
- 0.3 tsp ground cumin
- 1 cup mild cheddar cheese shredded kraft
- 1 onion thinly sliced
- 1.5 lb potatoes cut into 1/2-inch cubes (4)

0.5 cup taco bellâ® & chunky salsa thick

Equipment

grill

aluminum foil

Directions

Heat grill to medium-high heat.

Spray large sheet of heavy-duty foil with cooking spray.

Place onions in center of foil; top with potatoes.

Mix chili powder and cumin; sprinkle over potatoes. Top with chiles.

Fold foil to make packet.

Grill 30 min. or until potatoes are tender.

Cut slits in foil to release steam before carefully opening packet.

Sprinkle with cheese.

Let stand 2 min. or until cheese is melted.

Serve topped with salsa, sour cream and cilantro.

Nutrition Facts



Properties

Glycemic Index:4.37, Glycemic Load:2.25, Inflammation Score:-1, Nutrition Score:1.6391304439825%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 33.15kcal (1.66%), Fat: 1.56g (2.4%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 3.27g (1.19%), Sugar: 0.48g (0.54%), Cholesterol: 4.52mg (1.51%), Sodium: 54.82mg (2.38%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin C: 4.76mg (5.77%), Vitamin B6: 0.07mg (3.34%), Calcium: 27.85mg (2.78%), Phosphorus: 27.17mg (2.72%), Potassium: 94.46mg (2.7%), Fiber: 0.54g (2.17%), Manganese: 0.04mg (1.75%), Vitamin A: 78.14IU (1.56%), Vitamin B2: 0.03mg (1.52%), Magnesium: 5.95mg (1.49%), Folate: 5.93µg (1.48%), Selenium: 1.01µg (1.45%), Vitamin B3: 0.25mg (1.23%), Vitamin B1: 0.02mg (1.19%), Zinc: 0.18mg (1.19%), Iron: 0.21mg (1.19%), Copper: 0.02mg (1.18%)