



## Stuffed Baby Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



95 kcal

SIDE DISH

### Ingredients

- ☐ 2 pounds baby potatoes red ( 20)
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon chili powder
- ☐ 0.3 teaspoon ground cumin
- ☐ 12 ounces pd of ground turkey lean (93 percent )
- ☐ 0.7 cup cheddar shredded divided reduced-fat
- ☐ 0.5 teaspoon oregano
- ☐ 0.5 cup salsa

- ☐ 0.3 teaspoon salt
- ☐ 4 slices center-cut bacon
- ☐ 0.3 cup milk whole

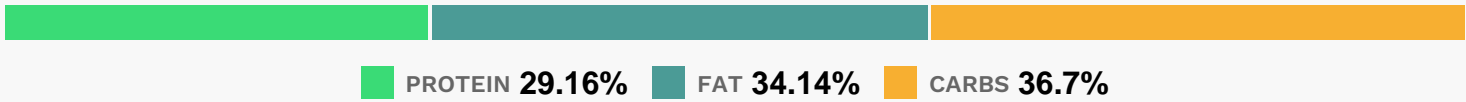
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Heat oven to 400°F.
- ☐ Place potatoes in a large saucepan; fillwith enough cold water to cover. Bring to a boil; reduce heatto simmer and cook until potatoes are fork-tender, 20 to22 minutes.
- ☐ Drain and set aside. In a large nonstick skillet, cookbacon over medium-high heat; transfer to a paper-towel-linedplate; let cool and break into small pieces. In same skillet,add turkey, salsa, chili powder, oregano, cumin, salt and blackpepper. Cook, stirring to break meat into small crumbles,until turkey is browned, 6 to 7 minutes. When potatoes are coolenough to handle, cut off and discard 1/4 inch from the top ofeach. Scoop out flesh and place in a bowl; add milk to bowl andmash. Stir in turkey mixture, bacon and 1/3 cup cheddar; spoonevenly into potato skins. Top with remaining 1/3 cup cheddar.Coat a baking pan with cooking spray.
- ☐ Place stuffed potatoeson pan and bake until heated through, 15 to 17 minutes.
- ☐ Self

## Nutrition Facts



## Properties

Glycemic Index:8.19, Glycemic Load:5.86, Inflammation Score:-2, Nutrition Score:5.0073912972989%

## Flavonoids

Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 94.77kcal (4.74%), Fat: 3.63g (5.58%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 7.6g (2.76%), Sugar: 0.78g (0.86%), Cholesterol: 15.26mg (5.09%), Sodium: 156.68mg (6.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.94%), Vitamin B6: 0.32mg (15.82%), Vitamin B3: 2.51mg (12.56%), Vitamin C: 9.06mg (10.99%), Phosphorus: 98.74mg (9.87%), Selenium: 6.03µg (8.61%), Potassium: 282.43mg (8.07%), Vitamin B1: 0.07mg (4.78%), Fiber: 1.18g (4.71%), Magnesium: 18.57mg (4.64%), Manganese: 0.09mg (4.28%), Zinc: 0.62mg (4.11%), Vitamin B5: 0.36mg (3.57%), Copper: 0.07mg (3.43%), Iron: 0.61mg (3.4%), Vitamin B2: 0.05mg (3.18%), Calcium: 28.95mg (2.9%), Vitamin B12: 0.16µg (2.63%), Folate: 9.44µg (2.36%), Vitamin A: 82.65IU (1.65%), Vitamin K: 1.6µg (1.53%), Vitamin E: 0.18mg (1.19%)