



## Super Stuffed Potatoes

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



53 kcal

SIDE DISH

### Ingredients

- 0.5 cup knudsen cream light sour
- 2 green onions sliced
- 1 lb ground beef lean
- 2.3 lb potatoes
- 1 small tomatoes chopped
- 4 oz velveeta cut into 1/2-inch cubes
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### Equipment

- frying pan
- microwave

## Directions

- Prick potatoes in several places with fork. Microwave on HIGH 14 min. or just until tender, turning after 7 min.
- Meanwhile, brown meat in large skillet; drain.
- Add next 3 ingredients; cook until VELVEETA is melted and mixture is well blended, stirring frequently.
- Split potatoes; mash insides with fork. Top with meat mixture and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:5.13, Glycemic Load:4.39, Inflammation Score:-1, Nutrition Score:3.4678261007952%

## Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 52.92kcal (2.65%), Fat: 1.2g (1.85%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 5.59g (2.03%), Sugar: 0.37g (0.41%), Cholesterol: 10.72mg (3.57%), Sodium: 15.48mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Vitamin C: 7.3mg (8.85%), Vitamin B6: 0.16mg (8.17%), Potassium: 213.06mg (6.09%), Vitamin B3: 1.21mg (6.07%), Zinc: 0.9mg (5.97%), Vitamin B12: 0.35µg (5.91%), Phosphorus: 53.07mg (5.31%), Selenium: 2.86µg (4.08%), Iron: 0.65mg (3.6%), Fiber: 0.81g (3.22%), Magnesium: 12.03mg (3.01%), Manganese: 0.06mg (2.91%), Copper: 0.05mg (2.57%), Vitamin K: 2.61µg (2.48%), Vitamin B1: 0.04mg (2.43%), Vitamin B2: 0.04mg (2.41%), Vitamin B5: 0.2mg (2.01%), Folate: 7.59µg (1.9%), Calcium: 11.73mg (1.17%)