

# Taco-Topped Potato

 **Gluten Free**

READY IN



**15 min.**

SERVINGS



**2**

CALORIES



**360 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 large baking potatoes
- 0.3 pound ground beef
- 1 tablespoon onion chopped
- 0.3 cup salsa
- 2 tablespoons cheddar cheese shredded
- 2 servings cream sour
- 0.3 teaspoon worcestershire sauce

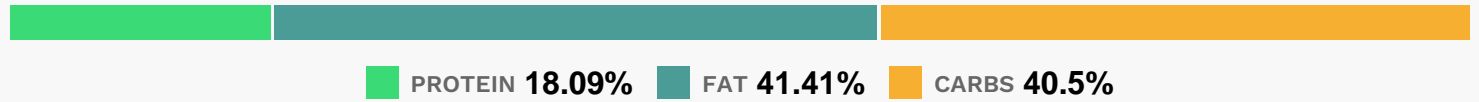
## Equipment

- bowl
- microwave

## Directions

- Scrub and pierce potato; place on a microwave-safe plate. Microwave, uncovered, on high for 3–4 minutes on each side or until tender; set aside.
- Crumble meat into a shallow microwave-safe bowl; add onion. Cover and microwave on high for 1-1/2–2 minutes or until meat is no longer pink, stirring once; drain. Stir in salsa and Worcestershire sauce.
- Cut potato in half lengthwise; fluff pulp with fork. Top each half with meat mixture, cheese and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:69.38, Glycemic Load:26.38, Inflammation Score:-5, Nutrition Score:15.06826074227%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 360.21kcal (18.01%), Fat: 16.77g (25.8%), Saturated Fat: 7.25g (45.32%), Carbohydrates: 36.9g (12.3%), Net Carbohydrates: 33.84g (12.3%), Sugar: 3.11g (3.45%), Cholesterol: 55.84mg (18.61%), Sodium: 329.67mg (14.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.48g (32.96%), Vitamin B6: 0.89mg (44.68%), Potassium: 1041.15mg (29.75%), Phosphorus: 251.41mg (25.14%), Vitamin B3: 4.7mg (23.48%), Zinc: 3.33mg (22.21%), Vitamin B12: 1.33µg (22.14%), Selenium: 12.41µg (17.73%), Manganese: 0.34mg (17.03%), Iron: 2.9mg (16.09%), Magnesium: 61.04mg (15.26%), Vitamin C: 11.71mg (14.19%), Vitamin B1: 0.19mg (12.98%), Copper: 0.25mg (12.71%), Vitamin B2: 0.22mg (12.66%), Fiber: 3.07g (12.27%), Calcium: 117.46mg (11.75%), Vitamin B5: 0.99mg (9.87%), Folate: 34.61µg (8.65%), Vitamin A: 318.47IU (6.37%), Vitamin K: 6.12µg (5.83%), Vitamin E: 0.76mg (5.06%)