



Tex-Mex Baked Potatoes

 Gluten Free  Dairy Free

READY IN



115 min.

SERVINGS



15

CALORIES



301 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado pitted peeled sliced lengthwise
- ☐ 15.5 oz beans red drained and rinsed canned
- ☐ 15 oz tomato sauce canned
- ☐ 1 tablespoon chili powder
- ☐ 2 teaspoons cumin
- ☐ 1 clove garlic minced
- ☐ 1 pound ground beef lean
- ☐ 1 small onion chopped

- ☐ 0.5 teaspoon oregano
- ☐ 4 large baking potatoes
- ☐ 15 servings salt
- ☐ 15 servings salt and pepper
- ☐ 3 spring onion thinly sliced
- ☐ 15 servings vegetable oil

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ microwave

Directions

- ☐ Bake potatoes. IN THE OVEN: Preheat oven to 375F. Scrub potatoes and pat dry. Prick all over with a fork. Rub lightly with vegetable oil; sprinkle with salt.
- ☐ Place on oven rack and bake until a knife inserted in center of potato slides in easily, about 1 hour to 1 hour 15 minutes. IN THE MICROWAVE: Scrub potatoes. Prick all over with a fork.
- ☐ Place potatoes on a microwave-safe plate; microwave on high 4 minutes. Turn potatoes over and microwave until a knife inserted in center of potato slides in easily, 6 to 8 minutes longer. Cooking time will vary depending on the microwave.
- ☐ In a skillet over medium heat, cook beef and onion until meat has browned.
- ☐ Drain off fat.
- ☐ Add garlic; saut 1 minute.
- ☐ Add chili powder, cumin, oregano and 1/2 tsp. salt; saut 2 minutes. Stir in tomato sauce and beans. Bring to a boil. Reduce heat; simmer 20 minutes.
- ☐ Cut a deep cross in tops of potatoes; squeeze open. With a fork, fluff up centers. Season with salt and pepper. Top potatoes with beef mixture, avocado and scallions.

Nutrition Facts



 **PROTEIN 14.2%**  **FAT 52.23%**  **CARBS 33.57%**

Properties

Glycemic Index:21.38, Glycemic Load:16.18, Inflammation Score:-5, Nutrition Score:13.162173963759%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 300.51kcal (15.03%), Fat: 17.9g (27.54%), Saturated Fat: 3.18g (19.88%), Carbohydrates: 25.88g (8.63%), Net Carbohydrates: 21.34g (7.76%), Sugar: 2.55g (2.84%), Cholesterol: 18.75mg (6.25%), Sodium: 632.58mg (27.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.9%), Vitamin K: 38.4µg (36.57%), Vitamin B6: 0.57mg (28.31%), Potassium: 770.64mg (22.02%), Fiber: 4.54g (18.17%), Vitamin B3: 3.44mg (17.18%), Phosphorus: 165.25mg (16.52%), Manganese: 0.33mg (16.38%), Zinc: 2.21mg (14.75%), Iron: 2.63mg (14.59%), Vitamin E: 2.17mg (14.47%), Magnesium: 49.17mg (12.29%), Vitamin C: 10.05mg (12.18%), Copper: 0.24mg (11.93%), Vitamin B12: 0.68µg (11.29%), Vitamin B1: 0.15mg (9.79%), Folate: 39.07µg (9.77%), Selenium: 6.39µg (9.13%), Vitamin B2: 0.15mg (8.6%), Vitamin B5: 0.82mg (8.16%), Vitamin A: 329.99IU (6.6%), Calcium: 38.3mg (3.83%)