



Tex-Mex Beef-Topped Potatoes

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 medium baking potatoes
- 1 lb ground beef 80% lean (at least)
- 2 chipotles in adobo chopped
- 8 oz tomato sauce canned
- 4 oz chilis green chopped canned
- 0.3 cup water
- 6 oz cheddar cheese shredded

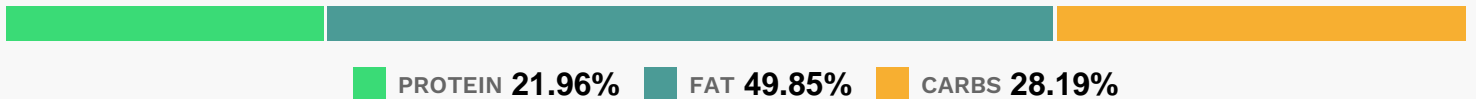
Equipment

- frying pan
- paper towels
- oven
- microwave

Directions

- Pierce potatoes several times with fork; place on microwavable paper towel in microwave oven. Microwave on High 11 to 14 minutes or until tender, turning potatoes over and rearranging halfway through cooking.
- Let stand 3 minutes.
- Meanwhile, in 10-inch skillet, cook ground beef over medium-high heat, stirring frequently, until thoroughly cooked; drain. Stir in chipotle chiles, tomato sauce, green chiles, water and 1 cup of the cheese. Cook uncovered 2 to 3 minutes, stirring occasionally, until thoroughly heated.
- Cut potatoes in half lengthwise; place on plates. Mash potatoes slightly with fork. Spoon beef mixture over potatoes; sprinkle with remaining 1/2 cup cheese.

Nutrition Facts



Properties

Glycemic Index:32.44, Glycemic Load:31.24, Inflammation Score:-6, Nutrition Score:26.099565215733%

Nutrients (% of daily need)

Calories: 633.1kcal (31.65%), Fat: 35.22g (54.18%), Saturated Fat: 16.02g (100.1%), Carbohydrates: 44.8g (14.93%), Net Carbohydrates: 39.95g (14.53%), Sugar: 4.36g (4.85%), Cholesterol: 120.91mg (40.3%), Sodium: 726.86mg (31.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.91g (69.81%), Vitamin B6: 1.22mg (60.83%), Phosphorus: 501mg (50.1%), Vitamin B12: 2.95µg (49.16%), Zinc: 6.79mg (45.26%), Potassium: 1430.96mg (40.88%), Vitamin B3: 7.79mg (38.93%), Selenium: 24.67µg (35.24%), Calcium: 346.92mg (34.69%), Vitamin C: 25.81mg (31.28%), Iron: 5.38mg (29.91%), Vitamin B2: 0.42mg (24.63%), Magnesium: 88.69mg (22.17%), Manganese: 0.42mg (20.79%), Fiber: 4.85g (19.41%), Copper: 0.37mg (18.34%), Vitamin B1: 0.25mg (16.64%), Folate: 63.7µg (15.92%), Vitamin B5: 1.52mg (15.15%), Vitamin A: 563.97IU (11.28%), Vitamin E: 1.41mg (9.39%), Vitamin K: 8.53µg (8.12%), Vitamin D: 0.33µg (2.17%)