



WHATSheATE



Tex-Mex Beef-Topped Potatoes



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

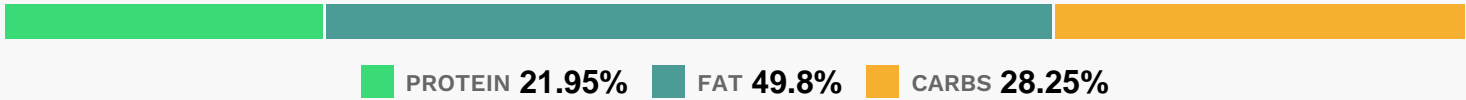
Equipment

- ☐ 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:26.245217323303%

Nutrients (% of daily need)

Calories: 633.84kcal (31.69%), Fat: 35.23g (54.19%), Saturated Fat: 16.02g (100.11%), Carbohydrates: 44.96g (14.99%), Net Carbohydrates: 40.05g (14.56%), Sugar: 4.36g (4.85%), Cholesterol: 120.91mg (40.3%), Sodium: 740.93mg (32.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.93g (69.86%), Vitamin B6: 1.22mg (61.05%), Phosphorus: 501.39mg (50.14%), Vitamin B12: 2.95µg (49.16%), Zinc: 6.79mg (45.28%), Potassium: 1434.97mg (41%), Vitamin B3: 7.81mg (39.04%), Selenium: 24.68µg (35.25%), Calcium: 348.2mg (34.82%), Vitamin C: 27.02mg (32.75%), Iron: 5.43mg (30.17%), Vitamin B2: 0.42mg (24.69%), Magnesium: 88.83mg (22.21%), Manganese: 0.42mg (20.79%), Fiber: 4.91g (19.65%), Copper: 0.37mg (18.34%), Vitamin B1: 0.25mg (16.67%), Folate: 65.61µg (16.4%), Vitamin B5: 1.52mg (15.18%), Vitamin A: 568.43IU (11.37%), Vitamin E: 1.41mg (9.39%), Vitamin K: 8.53µg (8.12%), Vitamin D: 0.33µg (2.17%)