

Chili Baked Potato

Servings: 8

Ingredients

- 8 medium baking potatoes (4-lbs. total)
- 2 cans (15 oz.) Stagg Chili Turkey Ranchero

Directions:

1. Scrub potatoes and prick once or twice on each side with a fork.
2. Place potatoes in a covered casserole dish and bake at 400 degrees for 1 hour.
3. Heat chili on stove top in a saucepan.
4. Let potatoes rest 5- to 10-minutes after removing from the oven.
5. Open the potato like you would for a typical baked potato that you were going to add condiments to, but top this one with ½ c. chili and optional condiments as desired.

Optional add-ons:

- LIGHT sour cream
- Salsa, fresh
- Shredded, cheddar cheese

Nutrition:

8 oz potato, topped with ½ c. chili

<i>calories:</i> 282	<i>protein:</i> 12.7g	<i>total carbohydrate:</i> 53.4g	<i>total fat:</i> 2.3g
<i>sugars:</i> 4.8g	<i>sodium:</i> 353mg	<i>dietary fiber:</i> 7.5g	<i>saturated fat:</i> 0.7g

Nutrition:

LIGHT sour cream, 2 Tbl. (Lucerne brand)

<i>calories:</i> 35	<i>protein:</i> 2g	<i>total carbohydrate:</i> 3g	<i>total fat:</i> 2g
<i>sugars:</i> 2g	<i>sodium:</i> 55mg	<i>dietary fiber:</i> 0g	<i>saturated fat:</i> 1.5g

Nutrition:

Salsa, fresh - 2 Tbl.

<i>calories:</i> 5	<i>protein:</i> 0g	<i>total carbohydrate:</i> 1g	<i>total fat:</i> 0g
<i>sugars:</i> <1g	<i>sodium:</i> 180mg	<i>dietary fiber:</i> 0g	<i>saturated fat:</i> 0g

Nutrition:

Shredded Cheddar Cheese, 2 Tbl.

<i>calories:</i> 56.9	<i>protein:</i> 3.5g	<i>total carbohydrate:</i> 0.2g	<i>total fat:</i> 4.7g
<i>sugars:</i> 0.7g	<i>sodium:</i> 87.7mg	<i>dietary fiber:</i> 0.0g	<i>saturated fat:</i> 3g