



Barbecue Chicken and Bean Casserole

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



456 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb chicken thighs boneless skinless
- 16 oz baked beans canned
- 15 oz cannellini beans rinsed drained canned
- 0.3 cup barbecue sauce
- 12 oz green beans frozen thawed drained
- 1 cup carrots coarsely chopped (2 medium)
- 1.8 oz potatoes canned (1 cup)

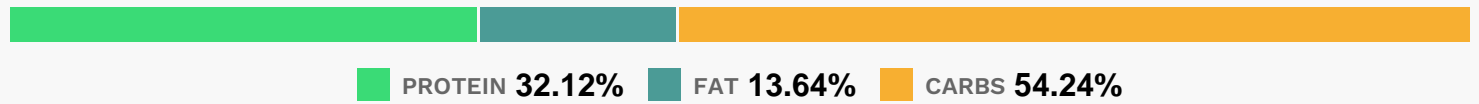
Equipment

oven

Directions

- Heat oven to 375°F. Spray 2-quart casserole with cooking spray.
- Cut each chicken thigh into 4 pieces. In casserole, mix chicken and remaining ingredients except shoestring potatoes.
- Cover and bake 1 hour, stirring once. Uncover casserole; stir well.
- Bake uncovered 25 to 30 minutes longer, topping with shoestring potatoes for last 10 minutes, until chicken is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:62.56, Glycemic Load:16.69, Inflammation Score:-10, Nutrition Score:34.949565224026%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 456.12kcal (22.81%), Fat: 7.11g (10.95%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 63.66g (21.22%), Net Carbohydrates: 48.69g (17.71%), Sugar: 10.63g (11.81%), Cholesterol: 115.67mg (38.56%), Sodium: 787.75mg (34.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.7g (75.39%), Vitamin A: 6000.26IU (120.01%), Manganese: 1.25mg (62.3%), Fiber: 14.97g (59.86%), Phosphorus: 485.43mg (48.54%), Selenium: 33.47µg (47.82%), Vitamin K: 47.72µg (45.45%), Vitamin B6: 0.87mg (43.55%), Potassium: 1486.41mg (42.47%), Vitamin B3: 8.14mg (40.68%), Iron: 7.2mg (39.98%), Folate: 150.95µg (37.74%), Magnesium: 149.13mg (37.28%), Zinc: 4.92mg (32.78%), Copper: 0.65mg (32.66%), Vitamin B1: 0.37mg (24.61%), Vitamin B2: 0.4mg (23.77%), Vitamin C: 17.08mg (20.71%), Vitamin B5: 2.02mg (20.16%), Calcium: 197.33mg (19.73%), Vitamin B12: 0.73µg (12.1%), Vitamin E: 1.75mg (11.65%)