



Buffalo Chicken and Potatoes

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken breast boneless skinless cut into 1-inch strips
- 0.3 cup sauce of the chicken from the turbo broiler
- 6 cups hash browns frozen southern-style thawed ()
- 1 cup cheese dressing blue
- 2 oz cheddar cheese shredded
- 10 oz campbell's® condensed cream of celery soup canned
- 0.5 cup oatmeal cornflakes
- 2 tablespoons butter melted

0.3 cup spring onion chopped (3 to 4 medium)

Equipment

bowl

oven

baking pan

aluminum foil

Directions

Heat oven to 350°F. Spray 13x9-inch (3-quart) baking dish with cooking spray.

In medium bowl, stir together chicken strips and wing sauce.

In large bowl, stir together potatoes, dressing, cheese and soup. Spoon into baking dish.

Place chicken strips in single layer over potato mixture.

In small bowl, stir together crumbs and butter.

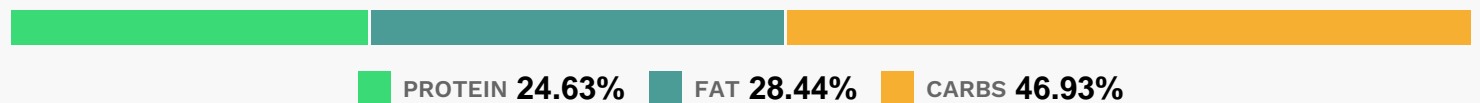
Sprinkle in baking dish.

Cover with foil.

Bake 30 minutes; uncover and bake 20 to 25 minutes longer or until potatoes are tender and juice of chicken is no longer pink when centers of thickest pieces are cut.

Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:10.75, Inflammation Score:-7, Nutrition Score:27.568695565929%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 498.2kcal (24.91%), Fat: 15.85g (24.39%), Saturated Fat: 5.08g (31.74%), Carbohydrates: 58.88g (19.63%), Net Carbohydrates: 54.89g (19.96%), Sugar: 3.79g (4.21%), Cholesterol: 75.53mg (25.18%), Sodium: 1442.05mg (62.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.79%), Vitamin B3: 17.05mg (85.27%), Vitamin B6: 1.27mg (63.29%), Selenium: 36.71µg (52.44%), Iron: 8.62mg (47.9%), Phosphorus: 411.22mg (41.12%), Vitamin B1: 0.55mg (36.86%), Vitamin B2: 0.53mg (31.15%), Potassium: 1050.35mg (30.01%), Vitamin C: 23.5mg (28.49%), Vitamin B5: 2.55mg (25.51%), Vitamin B12: 1.39µg (23.21%), Manganese: 0.46mg (22.8%), Folate: 89.43µg (22.36%), Vitamin K: 19.37µg (18.45%), Copper: 0.34mg (16.83%), Vitamin A: 818.09IU (16.36%), Magnesium: 64.1mg (16.03%), Fiber: 3.98g (15.93%), Calcium: 149.38mg (14.94%), Zinc: 1.71mg (11.39%), Vitamin E: 1.2mg (8%), Vitamin D: 0.86µg (5.74%)