



Buffalo Chicken and Potatoes

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cheese dressing blue
- ☐ 0.3 cup sauce of the chicken from the turbo broiler
- ☐ 2 tablespoons butter melted
- ☐ 10 oz campbell's® condensed cream of celery soup canned
- ☐ 0.5 cup oatmeal cornflakes
- ☐ 0.3 cup spring onion chopped (3 to 4 medium)
- ☐ 6 cups hash browns frozen southern-style thawed ()
- ☐ 2 oz cheddar cheese shredded

☐ 1.3 lb chicken breast boneless skinless cut into 1-inch strips

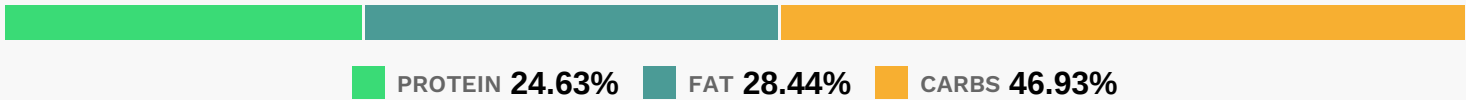
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350F. 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: Og (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%)