



Buffalo Potato and Chicken Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6.2 oz potatoes
- 1 serving potatoes boiling for on potatoes box
- 2 cups rotisserie chicken cut chopped (from 2-lb chicken)
- 0.5 cup celery chopped
- 1 tablespoons sauce of the chicken from the turbo broiler
- 2 tablespoons cheese blue crumbled

Equipment

- oven

Directions

- Heat oven to 450°F. Make potatoes as directed on box except use 2-quart casserole, stir chicken, celery and pepper sauce into cheese sauce mixture before stirring in potatoes, and bake about 30 minutes or until potatoes are tender.
- Immediately sprinkle blue cheese over baked casserole.
- Serve warm.

Nutrition Facts

PROTEIN 51.44% **FAT 36.25%** **CARBS 12.31%**

Properties

Glycemic Index:56.63, Glycemic Load:5.73, Inflammation Score:-1, Nutrition Score:3.0921739181099%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 265.81kcal (13.29%), Fat: 10.73g (16.51%), Saturated Fat: 3.24g (20.24%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 7.02g (2.55%), Sugar: 0.55g (0.61%), Cholesterol: 116.19mg (38.73%), Sodium: 578.46mg (25.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.26g (68.52%), Vitamin C: 9.1mg (11.03%), Vitamin B6: 0.15mg (7.28%), Potassium: 227.83mg (6.51%), Fiber: 1.17g (4.7%), Vitamin K: 4.62µg (4.4%), Phosphorus: 41.76mg (4.18%), Manganese: 0.08mg (4.05%), Folate: 12.88µg (3.22%), Magnesium: 12.36mg (3.09%), Calcium: 28.83mg (2.88%), Vitamin B3: 0.54mg (2.71%), Copper: 0.05mg (2.68%), Vitamin B1: 0.04mg (2.6%), Vitamin B5: 0.22mg (2.22%), Iron: 0.38mg (2.12%), Vitamin B2: 0.03mg (2.04%), Vitamin A: 84.28IU (1.69%), Zinc: 0.24mg (1.58%)