



Calico Chicken and Potatoes Skillet

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 bag potatoes diced refrigerated with onions cooked (1 lb 4 oz)
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 2 cups rotisserie chicken cut chopped (from 2- to 2 1/2-lb chicken)
- ☐ 4 oz cheddar cheese shredded
- ☐ 2 tablespoons spring onion chopped

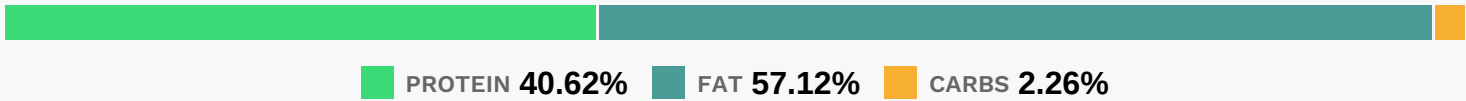
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ In 12-inch nonstick skillet, cook bacon over medium heat 3 to 4 minutes, stirring occasionally, until crisp.
- ☐ Remove bacon with slotted spoon, reserving drippings in skillet.
- ☐ Drain bacon on paper towels.
- ☐ Stir bell pepper, potatoes and seasoned salt into drippings. Cover; cook over medium heat 14 to 16 minutes, stirring occasionally, until potatoes are golden brown.
- ☐ Stir in chicken. Cover; cook 2 to 3 minutes or until hot. Top with cheese, bacon and onions. Cover; cook 1 to 2 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:43.69, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:7.4500000321347%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 408.13kcal (20.41%), Fat: 25.91g (39.87%), Saturated Fat: 10.22g (63.85%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 1.84g (0.67%), Sugar: 0.97g (1.08%), Cholesterol: 152.8mg (50.93%), Sodium: 1287.73mg (55.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.46g (82.93%), Vitamin C: 24.45mg (29.64%), Calcium: 205.11mg (20.51%), Vitamin A: 903.23IU (18.06%), Selenium: 11.38µg (16.25%), Phosphorus: 159.7mg (15.97%), Vitamin B2: 0.16mg (9.22%), Zinc: 1.3mg (8.64%), Vitamin K: 7.81µg (7.44%), Vitamin B12: 0.38µg (6.38%), Vitamin B6: 0.12mg (6.01%), Vitamin B3: 0.88mg (4.4%), Vitamin B1: 0.07mg (4.38%), Folate: 16.48µg (4.12%), Vitamin E: 0.59mg (3.96%), Magnesium: 12.54mg (3.14%), Potassium: 103.25mg (2.95%), Vitamin B5: 0.27mg (2.71%), Fiber: 0.47g (1.9%), Manganese: 0.03mg (1.61%), Vitamin D: 0.24µg (1.57%), Iron: 0.24mg (1.36%), Copper: 0.02mg (1.13%)