



Cheddar Chicken and Potatoes

 **Gluten Free**  **Popular**

READY IN



27 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices oscar mayer bacon
- 1 lb potatoes diced frozen with peppers and onions, thawed
- 1 cup milk sharp cheddar cheese shredded 2% kraft
- 1 lb chicken breasts boneless skinless

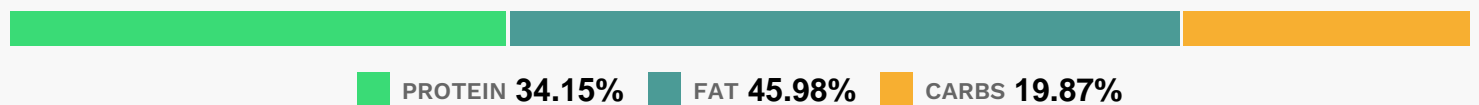
Equipment

- frying pan
- paper towels

Directions

- Cook bacon in large nonstick skillet on medium heat 5 min. or until crisp.
- Remove bacon from skillet to paper towel; discard drippings in skillet.
- Add chicken to skillet; cook 5 min. on each side or until done (165F).
- Remove chicken from skillet; cover to keep warm. Crumble bacon.
- Add to skillet with potatoes; cook and stir 5 min. or until heated through.
- Place chicken over potatoes; top with cheese. Cover; cook 2 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:27.69, Glycemic Load:14.69, Inflammation Score:-5, Nutrition Score:21.008695560953%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 423.59kcal (21.18%), Fat: 21.38g (32.89%), Saturated Fat: 9.02g (56.38%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 18.29g (6.65%), Sugar: 0.98g (1.09%), Cholesterol: 115.34mg (38.45%), Sodium: 468.74mg (20.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.72g (71.45%), Selenium: 49.04µg (70.06%), Vitamin B3: 13.92mg (69.61%), Vitamin B6: 1.26mg (63.09%), Phosphorus: 463.84mg (46.38%), Vitamin C: 23.7mg (28.73%), Potassium: 962.29mg (27.49%), Calcium: 220.11mg (22.01%), Vitamin B5: 2.19mg (21.9%), Vitamin B2: 0.29mg (17.18%), Magnesium: 65.83mg (16.46%), Vitamin B1: 0.23mg (15.48%), Zinc: 2.28mg (15.22%), Vitamin B12: 0.64µg (10.6%), Fiber: 2.49g (9.98%), Manganese: 0.2mg (9.79%), Copper: 0.17mg (8.58%), Iron: 1.44mg (8%), Folate: 28.61µg (7.15%), Vitamin A: 327.49IU (6.55%), Vitamin E: 0.53mg (3.56%), Vitamin K: 3.06µg (2.91%), Vitamin D: 0.37µg (2.47%)