



Cheesy Chicken and Potato Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



329 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5.5 ounce potatoes
- 4 potatoes thinly sliced
- 2 cups cheddar cheese shredded
- 3 chicken breast boneless skinless
- 3 teaspoons vegetable oil

Equipment

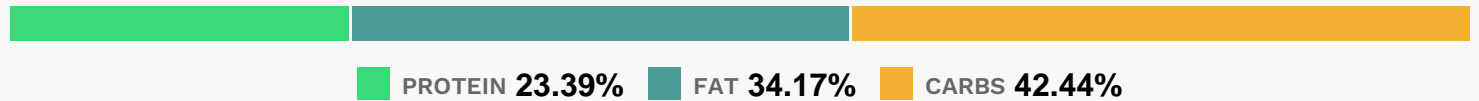
- frying pan
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat oil in a medium skillet over medium high heat.
- Add chicken breasts and saute until tender. Meanwhile, prepare potatoes according to package directions, adding 1 cup (instead of 2/3 cup) of milk and sliced potatoes. When chicken is tender, remove from heat, let cool and shred.
- Add shredded chicken to potato mixture.
- Fold chicken/potato mixture into a 9x13 inch baking dish. Cover and bake in the preheated oven for 25 to 35 minutes.
- Add cheese and bake for another 10 minutes.

Nutrition Facts



Properties

Glycemic Index:13.84, Glycemic Load:13.81, Inflammation Score:-5, Nutrition Score:16.403478358103%

Flavonoids

Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 329.49kcal (16.47%), Fat: 12.57g (19.33%), Saturated Fat: 5.98g (37.39%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 31.49g (11.45%), Sugar: 1.58g (1.75%), Cholesterol: 55.37mg (18.46%), Sodium: 260.57mg (11.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.36g (38.71%), Vitamin C: 37.28mg (45.18%), Vitamin B6: 0.8mg (39.84%), Selenium: 24.49µg (34.98%), Vitamin B3: 6.78mg (33.89%), Phosphorus: 309.48mg (30.95%), Potassium: 840.91mg (24.03%), Calcium: 219.89mg (21.99%), Vitamin B1: 0.31mg (20.87%), Fiber: 3.63g (14.52%), Vitamin B5: 1.44mg (14.41%), Magnesium: 56mg (14%), Vitamin B2: 0.22mg (13.09%), Zinc: 1.73mg (11.52%), Manganese: 0.2mg (10.18%), Folate: 33.63µg (8.41%), Copper: 0.17mg (8.36%), Vitamin K: 7.59µg (7.22%), Iron: 1.27mg (7.05%), Vitamin B12: 0.38µg (6.4%), Vitamin A: 300.05IU (6%), Vitamin E: 0.45mg (2.98%), Vitamin D: 0.21µg (1.41%)