



Cheesy Chicken Oven Fries

READY IN



30 min.

SERVINGS



6

CALORIES



404 kcal

SIDE DISH

Ingredients

- ☐ 2.5 cups curd cottage cheese frozen (half of 2-lb bag)
- ☐ 1.5 cups rotisserie chicken cut skinless chopped ()
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon chili powder
- ☐ 6 oz cheddar cheese shredded
- ☐ 0.5 cup farro chopped (8 slices from 2.1-oz package)
- ☐ 1 serving cream sour
- ☐ 1 serving catsup

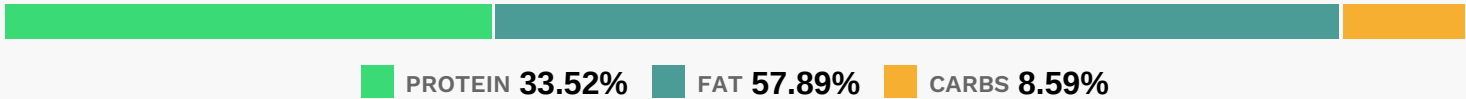
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 450°F. Line 15x10x1-inch pan with foil.
- ☐ Bake cottage fries as directed on bag.
- ☐ Meanwhile, in small bowl, mix chicken, mayonnaise, garlic powder and chili powder.
- ☐ Sprinkle 1 cup of the cheese evenly over hot cottage fries. Spoon chicken mixture evenly over cheese.
- ☐ Sprinkle with remaining cheese and the bacon.
- ☐ Bake 3 to 5 minutes longer or until cheese is melted.
- ☐ Serve with sour cream and ketchup.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:1.08, Inflammation Score:-4, Nutrition Score:8.5626087201678%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 404.12kcal (20.21%), Fat: 25.98g (39.96%), Saturated Fat: 9.66g (60.36%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 8.09g (2.94%), Sugar: 3.33g (3.7%), Cholesterol: 106.24mg (35.41%), Sodium: 773.11mg (33.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.85g (67.69%), Phosphorus: 292.3mg (29.23%), Calcium: 283.92mg (28.39%), Selenium: 18.68µg (26.69%), Vitamin B2: 0.3mg (17.52%), Vitamin K: 16.28µg (15.51%), Vitamin B12: 0.72µg (12.01%), Zinc: 1.56mg (10.43%), Vitamin A: 497.58IU (9.95%), Vitamin B5: 0.69mg (6.87%), Folate: 20.32µg (5.08%), Magnesium: 19.13mg (4.78%), Vitamin E: 0.7mg (4.7%), Vitamin B6: 0.09mg (4.55%),

Potassium: 149.55mg (4.27%), Vitamin B1: 0.05mg (3.17%), Copper: 0.06mg (2.88%), Manganese: 0.05mg (2.36%),
Fiber: 0.59g (2.34%), Vitamin B3: 0.44mg (2.18%), Iron: 0.36mg (1.99%), Vitamin D: 0.28µg (1.89%)