



Cheesy Chicken-Potato Casserole

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



241 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup bull's-eye original barbecue sauce
- 2 cups ore-ida hash brown potatoes diced
- 0.5 cup onions chopped
- 0.5 cup pasilla peppers red finely chopped
- 1 cup cheddar cheese shredded divided kraft
- 2 cups chicken breasts boneless skinless cooked chopped

Equipment

- oven

baking pan

Directions

Heat oven to 400F.

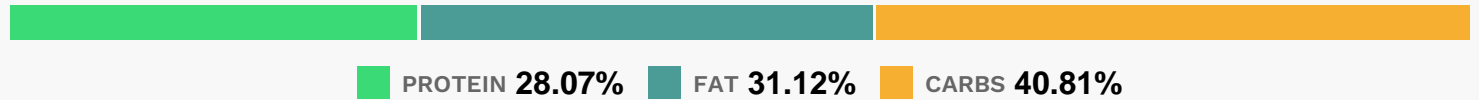
Combine potatoes and 1/2 cup cheese; spoon into 13x9-inch baking dish sprayed with cooking spray.

Top with chicken, vegetables and barbecue sauce; cover.

Bake 40 min.

Sprinkle with remaining cheese; bake, uncovered, 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:4.1, Inflammation Score:-6, Nutrition Score:11.919565195623%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 240.79kcal (12.04%), Fat: 8.33g (12.82%), Saturated Fat: 4.04g (25.23%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 22.9g (8.33%), Sugar: 9.06g (10.07%), Cholesterol: 50.83mg (16.94%), Sodium: 443.08mg (19.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.91g (33.82%), Vitamin B3: 6.67mg (33.34%), Selenium: 21.93µg (31.33%), Vitamin C: 23.36mg (28.32%), Vitamin B6: 0.52mg (25.92%), Phosphorus: 236.02mg (23.6%), Calcium: 154.45mg (15.45%), Potassium: 499.96mg (14.28%), Vitamin A: 646.13IU (12.92%), Vitamin B5: 1.11mg (11.11%), Vitamin B2: 0.17mg (10.02%), Manganese: 0.17mg (8.64%), Vitamin B1: 0.12mg (8.25%), Zinc: 1.22mg (8.15%), Magnesium: 31.71mg (7.93%), Fiber: 1.68g (6.73%), Iron: 1.14mg (6.31%), Copper: 0.11mg (5.67%), Vitamin B12: 0.3µg (4.99%), Folate: 17.48µg (4.37%), Vitamin E: 0.63mg (4.17%), Vitamin K: 1.64µg (1.56%), Vitamin D: 0.16µg (1.09%)