



 **82%**
HEALTH SCORE

Cheesy Tater-Topped Chicken Casserole

 Very Healthy

READY IN



65 min.

SERVINGS



6

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 24 oz broccoli frozen
- 2 cups roasted chicken diced cooked
- 0.3 cup spring onion chopped
- 4 cups potato nuggets frozen (from 2-lb bag)
- 2 oz cheddar cheese shredded finely

Equipment

- oven
- microwave

glass baking pan

Directions

Heat oven to 375°F. In ungreased 11x7-inch (2-quart) glass baking dish, place broccoli, carrots, cauliflower and cheese sauce. Microwave uncovered on High 3 to 5 minutes, stirring once, until thawed. Stir well until cheese sauce is melted.

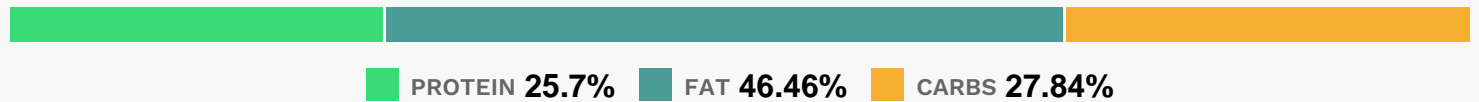
Stir chicken and 3 tablespoons of the onions into vegetable–cheese mixture. Top with frozen potato nuggets.

Bake uncovered 40 to 45 minutes or until bubbly around edges and potato nuggets are golden brown.

Sprinkle with cheese and remaining 1 tablespoon onion.

Bake 5 to 10 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:1.59, Inflammation Score:-8, Nutrition Score:26.595217564832%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.95mg, Kaempferol: 8.95mg, Kaempferol: 8.95mg, Kaempferol: 8.95mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 471.83kcal (23.59%), Fat: 26.45g (40.69%), Saturated Fat: 4.76g (29.76%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 20.78g (7.56%), Sugar: 7.97g (8.86%), Cholesterol: 44.45mg (14.82%), Sodium: 134.89mg (5.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.92g (65.84%), Vitamin C: 101.93mg (123.56%), Vitamin K: 124.52µg (118.59%), Iron: 17.24mg (95.79%), Fiber: 14.89g (59.54%), Potassium: 1312.04mg (37.49%), Selenium: 17.01µg (24.31%), Vitamin B3: 4.43mg (22.15%), Phosphorus: 209.26mg (20.93%), Vitamin B6: 0.4mg (19.94%), Folate: 78.43µg (19.61%), Vitamin A: 861.83IU (17.24%), Vitamin B2: 0.25mg (14.49%), Calcium: 136.59mg (13.66%), Manganese: 0.25mg (12.68%), Vitamin B5: 1.15mg (11.46%), Zinc: 1.54mg (10.25%), Magnesium: 37mg (9.25%), Vitamin B1: 0.11mg (7.63%), Vitamin E: 0.98mg (6.52%), Copper: 0.09mg (4.44%), Vitamin B12: 0.24µg (3.93%)