



Chicken and Cheese Poutine

READY IN



30 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large egg whites
- 0.3 cup flour all-purpose
- 4 servings kosher salt and pepper freshly ground
- 3 cups chicken broth low-sodium
- 2 teaspoons paprika
- 4 ounces part-skim mozzarella cheese diced
- 0.8 cup peas frozen
- 1.5 cups rotisserie chicken cut shredded skinless ()
- 1 bunch scallions chopped

- 1 tablespoon worcestershire sauce
- 2 pounds yukon gold potatoes cut into 1/4-inch-thick fries

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

Directions

- Preheat the oven to 425 degrees F. Coat 2 baking sheets with cooking spray.
- Whisk the egg whites, paprika and 1/2 teaspoon each salt and pepper in a large bowl.
- Add the potatoes; toss to coat.
- Let the excess egg drip off, then spread out on the baking sheets. Mist with cooking spray and bake, flipping halfway through, until golden and crisp, 20 to 30 minutes.
- Meanwhile, coat a large nonstick skillet with cooking spray.
- Add half of the scallions; cook over medium heat, stirring, until softened, 1 to 2 minutes.
- Add 1/2 cup chicken broth.
- Whisk in the flour until smooth, then gradually whisk in the remaining 2 1/2 cups broth and the Worcestershire sauce. Simmer, whisking occasionally, until thickened, 6 to 8 minutes. Stir in the chicken and peas and warm through, about 3 minutes. (
- Add up to 1 cup water if the gravy is too thick.)
- Scatter the mozzarella evenly over the chicken mixture.
- Layer the fries and chicken mixture in bowls; top with the remaining scallions.
- Photograph by Justin Walker

Nutrition Facts



Properties

Glycemic Index:62.52, Glycemic Load:34.49, Inflammation Score:-8, Nutrition Score:26.805652092332%

Flavonoids

Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 419.71kcal (20.99%), Fat: 7.97g (12.25%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 54.32g (18.11%), Net Carbohydrates: 47.07g (17.12%), Sugar: 4.67g (5.19%), Cholesterol: 64.87mg (21.62%), Sodium: 700.8mg (30.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.59g (69.18%), Vitamin C: 57.24mg (69.39%), Vitamin B3: 11.3mg (56.48%), Phosphorus: 496.22mg (49.62%), Vitamin B6: 0.95mg (47.62%), Potassium: 1461.24mg (41.75%), Selenium: 28.44µg (40.62%), Fiber: 7.26g (29.02%), Calcium: 283.74mg (28.37%), Manganese: 0.55mg (27.51%), Vitamin B2: 0.45mg (26.59%), Vitamin B1: 0.37mg (24.97%), Vitamin K: 24.79µg (23.61%), Magnesium: 90.15mg (22.54%), Copper: 0.45mg (22.4%), Iron: 3.76mg (20.88%), Folate: 81.91µg (20.48%), Vitamin A: 914.05IU (18.28%), Zinc: 2.57mg (17.11%), Vitamin B5: 1.57mg (15.74%), Vitamin B12: 0.57µg (9.52%), Vitamin E: 0.52mg (3.46%)