



Chicken-and-Potato Pancakes

READY IN



24 min.

SERVINGS



8

CALORIES



298 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 6 oz colby-jack cheese blend shredded
- ☐ 4 green onions finely chopped
- ☐ 1 cup hash browns shredded refrigerated
- ☐ 2 cups milk
- ☐ 2 cups pancake mix instant
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 cups meat from a rotisserie chicken shredded cooked

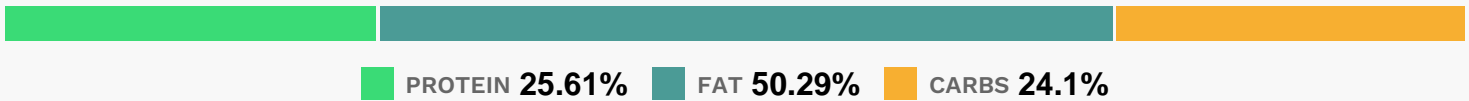
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together pancake mix and milk in a large bowl, whisking just until dry ingredients are moistened. Stir in chicken and next 6 ingredients, stirring just until blended.
- ☐ Pour about 1/4 cup batter for each cake onto a hot (350), lightly greased griddle or large nonstick skillet. Cook pancakes 3 minutes or until tops are covered with bubbles and edges look dry and cooked; turn and cook other side 5 to 6 minutes or until done.
- ☐ Serve with Quick Cream Gravy, if desired.
- ☐ Note: For testing purposes only, we used Aunt Jemima Complete Pancake & Waffle
- ☐ Mix and Simply Potatoes Shredded Hash Browns.
- ☐ Chicken-and-Rice Cakes: Substitute shredded Italian six-cheese blend for colby-Jack cheese blend and 1 cup cooked rice for hash browns. Proceed with recipe as directed.
- ☐ Quick Cream Gravy: Bring 1/4 cup dry white wine to a boil over medium heat in a small saucepan. Reduce heat to medium-low, and cook 1 minute.
- ☐ Add 1 cup water; whisk in 1 (2-oz.) package roasted chicken gravy mix and 1/4 tsp. pepper. Increase heat to medium, and return to a boil. Reduce heat to low, and simmer 3 minutes or until thickened.
- ☐ Whisk in 2 Tbsp. heavy cream. Makes 1 1/4 cups. Prep: 5 min., Cook: 5 min.
- ☐ Note: For testing purposes only, we used Knorr Roasted Chicken Gravy
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:2.51, Inflammation Score:-5, Nutrition Score:11.361739143081%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 298.37kcal (14.92%), Fat: 16.61g (25.56%), Saturated Fat: 8.57g (53.58%), Carbohydrates: 17.92g (5.97%), Net Carbohydrates: 16.76g (6.1%), Sugar: 3.19g (3.54%), Cholesterol: 84.37mg (28.12%), Sodium: 516.57mg (22.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.04g (38.07%), Phosphorus: 343.2mg (34.32%), Calcium: 302.9mg (30.29%), Selenium: 16.19µg (23.13%), Vitamin B2: 0.33mg (19.19%), Vitamin B3: 3.71mg (18.57%), Vitamin B6: 0.26mg (12.92%), Vitamin K: 13.52µg (12.88%), Vitamin B12: 0.72µg (12.06%), Zinc: 1.76mg (11.74%), Vitamin A: 553.39IU (11.07%), Vitamin B1: 0.15mg (10.23%), Potassium: 356.4mg (10.18%), Vitamin B5: 0.87mg (8.71%), Magnesium: 31.62mg (7.9%), Iron: 1.36mg (7.56%), Manganese: 0.11mg (5.64%), Folate: 22.28µg (5.57%), Vitamin D: 0.8µg (5.32%), Fiber: 1.16g (4.63%), Vitamin C: 3.48mg (4.21%), Copper: 0.08mg (3.83%), Vitamin E: 0.2mg (1.37%)