



Chicken and Tater Tot Casserole

READY IN

ready

80 min.

SERVINGS

servings

4

CALORIES

calories

613 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 carrots cut into 1/ rounds
- ☐ 2 stalks celery cut into 1/4-inch half-moons
- ☐ 2 cups chicken broth
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 onion chopped
- ☐ 4 cups meat from a rotisserie chicken shredded cooked
- ☐ 3 cups potato tots frozen thawed

- ☐ 4 tablespoons butter unsalted
- ☐ 1 cup milk whole

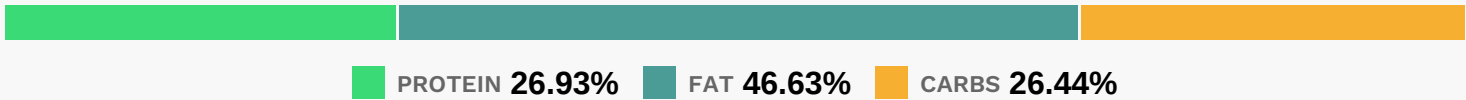
Equipment

- ☐ food processor
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ Melt the butter in a large heavy pot over medium-high heat until hot.
- ☐ Add the carrots, celery and onions and season with 1 teaspoon salt and 3/4 teaspoon pepper. Cook, stirring occasionally, until the vegetables are golden, about 12 minutes. Stir in the flour, and then whisk in the broth and milk and bring to a boil, whisking. Boil until slightly thickened, about 3 minutes. Stir in the chicken.
- ☐ Transfer to a 2-quart baking dish.
- ☐ Pulse the tots in a food processor with the thyme until medium ground. Scatter over the top of the casserole and bake until the filling is bubbling and the topping is golden and crisp, 20 to 25 minutes.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:73.96, Glycemic Load:7.05, Inflammation Score:-10, Nutrition Score:26.005217365597%

Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 612.85kcal (30.64%), Fat: 31.86g (49.02%), Saturated Fat: 12.35g (77.2%), Carbohydrates: 40.66g (13.55%), Net Carbohydrates: 36.41g (13.24%), Sugar: 6.64g (7.37%), Cholesterol: 144.77mg (48.26%), Sodium: 1036.97mg (45.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.4g (82.81%), Vitamin A: 5722.25IU (114.45%), Vitamin B3: 14.06mg (70.31%), Selenium: 39.4µg (56.28%), Vitamin B6: 0.9mg (45.14%), Phosphorus: 435.37mg (43.54%), Vitamin B2: 0.5mg (29.6%), Vitamin B1: 0.42mg (28.11%), Potassium: 888.69mg (25.39%), Vitamin B5: 2.1mg (21.02%), Zinc: 2.94mg (19.62%), Manganese: 0.37mg (18.37%), Fiber: 4.25g (17.01%), Magnesium: 65.79mg (16.45%), Iron: 2.91mg (16.15%), Vitamin C: 11.88mg (14.4%), Calcium: 141.36mg (14.14%), Folate: 56.5µg (14.12%), Vitamin K: 13.84µg (13.18%), Vitamin B12: 0.78µg (13.04%), Copper: 0.22mg (11.15%), Vitamin D: 0.88µg (5.87%), Vitamin E: 0.78mg (5.23%)