



Chicken and Three-Cheese Potato Casserole

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



470 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 oz potatoes
- 2.3 cups water boiling
- 4 oz processed cheese food cut into 1-inch pieces
- 2 cups rotisserie chicken cut chopped (from 2- to 2 1/2-lb chicken)
- 9 oz broccoli frozen thawed drained

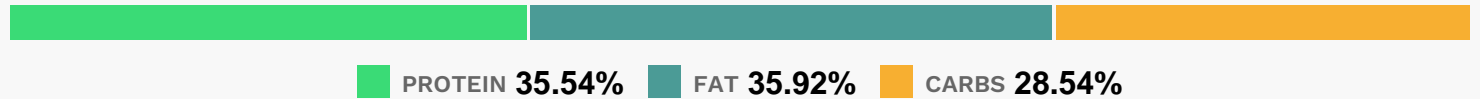
Equipment

- oven
- whisk

Directions

- Heat oven to 400°F. Spray 2-quart casserole with cooking spray.
- Stir Sauce
- Mix, boiling water, cheese, chicken and broccoli with whisk in casserole. Stir in Potatoes.
- Bake uncovered about 35 minutes or until potatoes are tender (sauce will thicken as it stands).

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:19.298695538355%

Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 5mg, Kaempferol: 5mg, Kaempferol: 5mg, Kaempferol: 5mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 469.97kcal (23.5%), Fat: 19.06g (29.32%), Saturated Fat: 7.82g (48.87%), Carbohydrates: 34.07g (11.36%), Net Carbohydrates: 30.07g (10.94%), Sugar: 2.94g (3.26%), Cholesterol: 141.91mg (47.3%), Sodium: 948.76mg (41.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.42g (84.85%), Vitamin C: 85.6mg (103.76%), Vitamin K: 68.88µg (65.6%), Calcium: 339.79mg (33.98%), Phosphorus: 279.1mg (27.91%), Vitamin B1: 0.4mg (26.64%), Vitamin B6: 0.39mg (19.6%), Potassium: 628.08mg (17.95%), Selenium: 12.07µg (17.24%), Fiber: 4g (15.99%), Folate: 58.75µg (14.69%), Vitamin A: 669.19IU (13.38%), Vitamin B3: 2.65mg (13.24%), Vitamin B5: 1.22mg (12.16%), Magnesium: 45.49mg (11.37%), Vitamin B2: 0.18mg (10.59%), Manganese: 0.2mg (10.13%), Zinc: 1.23mg (8.19%), Vitamin B12: 0.43µg (7.09%), Copper: 0.12mg (6.13%), Iron: 1.07mg (5.96%), Vitamin E: 0.74mg (4.9%), Vitamin D: 0.17µg (1.13%)