



Chicken, Broccoli, and Cheddar Potato Filling

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 10 oz broccoli frozen thawed drained chopped
- ☐ 2 tablespoons butter
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 1 small onion diced
- ☐ 8 servings twice-baked potatoes four ways
- ☐ 6 oz sharp cheddar cheese shredded
- ☐ 0.8 teaspoon salt

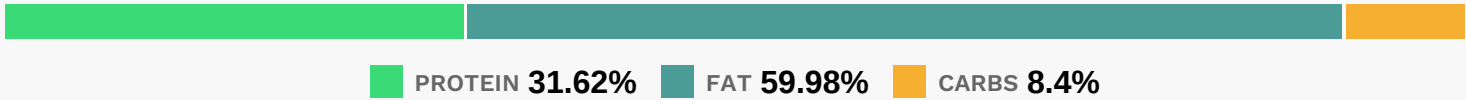
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium–high heat; add onion and broccoli; saut 5 minutes or until tender. Stir together broccoli mixture, chicken, Cheddar cheese, salt, and pepper. Stir into potato pulp as directed in Twice–
- ☐ Baked Potatoes Four Ways.

Nutrition Facts



Properties

Glycemic Index:31.47, Glycemic Load:0.92, Inflammation Score:–5, Nutrition Score:10.827391277189%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 186.93kcal (9.35%), Fat: 12.53g (19.28%), Saturated Fat: 6.56g (41.01%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 2.82g (1.03%), Sugar: 1.05g (1.17%), Cholesterol: 55.04mg (18.35%), Sodium: 417.95mg (18.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.87g (29.73%), Vitamin C: 32.45mg (39.34%), Vitamin K: 37.16µg (35.39%), Selenium: 15.6µg (22.29%), Phosphorus: 192.11mg (19.21%), Calcium: 174.84mg (17.48%), Vitamin B3: 3.02mg (15.1%), Vitamin B6: 0.23mg (11.71%), Vitamin B2: 0.19mg (11.22%), Vitamin A: 536.51IU (10.73%), Zinc: 1.48mg (9.87%), Folate: 30.49µg (7.62%), Potassium: 228.03mg (6.52%), Vitamin B5: 0.65mg (6.5%), Manganese: 0.11mg (5.59%), Vitamin B12: 0.33µg (5.55%), Magnesium: 21.93mg (5.48%), Fiber: 1.12g (4.49%), Iron: 0.76mg (4.21%), Vitamin B1: 0.06mg (3.88%), Vitamin E: 0.52mg (3.47%), Copper: 0.05mg (2.53%)