



Chicken Hash

READY IN



45 min.

SERVINGS



8

CALORIES



275 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 cups roasted chicken cooked chopped
- ☐ 3 egg yolk lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup mushrooms fresh sliced
- ☐ 0.5 cup half and half
- ☐ 1 cup milk
- ☐ 8 servings nacho cheese dip
- ☐ 1 teaspoon onion finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 2 ounces swiss cheese shredded divided
- ☐ 0.1 teaspoon pepper white

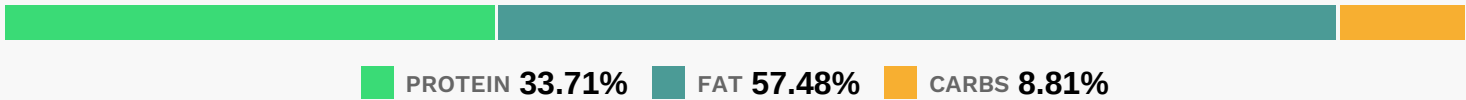
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Combine chicken and half-and- half in a Dutch oven; cook over low heat 10 minutes, and set aside
- ☐ Melt butter in a heavy saucepan over low heat; add flour, and stir until smooth. Cook 1 minute, stirring constantly. Gradually add milk; cook over medium heat, stirring constantly, until thickened and bubbly.
- ☐ Stir 1/4 cup of the hot white sauce into egg yolks; add to remaining hot sauce mixture, stirring constantly. Stir in salt and pepper.
- ☐ Add half of sauce to chicken mixture in Dutch oven; stir well.
- ☐ Pour chicken mixture into a well-greased 2-quart casserole.
- ☐ Sprinkle mushrooms evenly over chicken mixture.
- ☐ Add onion and 1/4 cup cheese to the remaining sauce; stir well, and pour over mushrooms.
- ☐ Sprinkle with remaining cheese. Broil 6 inches from heat for 7 minutes or until top is lightly browned.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:2.82, Inflammation Score:-4, Nutrition Score:10.690869595694%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 274.62kcal (13.73%), Fat: 17.31g (26.63%), Saturated Fat: 6.07g (37.93%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 5.73g (2.08%), Sugar: 2.43g (2.7%), Cholesterol: 141.04mg (47.01%), Sodium: 310.8mg (13.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.85g (45.7%), Selenium: 26.64µg (38.06%), Vitamin B3: 6.24mg (31.18%), Phosphorus: 262.88mg (26.29%), Vitamin B6: 0.36mg (17.85%), Vitamin B2: 0.3mg (17.75%), Calcium: 137.9mg (13.79%), Vitamin B5: 1.27mg (12.73%), Vitamin B12: 0.75µg (12.57%), Zinc: 1.8mg (12.03%), Vitamin A: 546.92IU (10.94%), Potassium: 284.14mg (8.12%), Vitamin B1: 0.12mg (7.93%), Iron: 1.3mg (7.2%), Magnesium: 24.76mg (6.19%), Folate: 23.76µg (5.94%), Vitamin D: 0.72µg (4.83%), Copper: 0.09mg (4.72%), Vitamin E: 0.49mg (3.29%), Manganese: 0.05mg (2.58%)