



Chicken-Parmesan Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



5

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.7 ounces potatoes
- 1 pound roasted chicken cooked
- 2.3 cups water hot
- 0.7 cup milk
- 3 cups green beans frozen
- 0.5 cup parmesan cheese grated

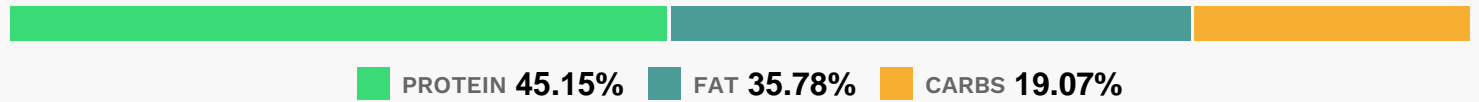
Equipment

- frying pan

Directions

- Heat Potatoes, Sauce
- Mix and remaining ingredients except cheese to boiling in 10-inch skillet over high heat, stirring occasionally.
- Reduce heat; cover and simmer about 25 minutes, stirring occasionally, until potatoes are tender.
- Stir in cheese.
- Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:33.55, Glycemic Load:5.28, Inflammation Score:-6, Nutrition Score:15.40652164169%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 254.1kcal (12.7%), Fat: 10.02g (15.42%), Saturated Fat: 3.84g (23.98%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 9.65g (3.51%), Sugar: 3.93g (4.37%), Cholesterol: 80.64mg (26.88%), Sodium: 266.28mg (11.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.46g (56.92%), Vitamin B3: 7.96mg (39.78%), Selenium: 26.91µg (38.44%), Phosphorus: 310.71mg (31.07%), Vitamin B6: 0.57mg (28.58%), Vitamin K: 29.15µg (27.77%), Vitamin B2: 0.29mg (17.05%), Calcium: 170.11mg (17.01%), Vitamin C: 13.3mg (16.12%), Potassium: 526.4mg (15.04%), Zinc: 2.19mg (14.61%), Vitamin A: 632.33IU (12.65%), Vitamin B5: 1.26mg (12.63%), Magnesium: 50.15mg (12.54%), Iron: 2.03mg (11.28%), Manganese: 0.21mg (10.43%), Vitamin B1: 0.15mg (10.17%), Vitamin B12: 0.57µg (9.56%), Fiber: 2.37g (9.47%), Folate: 31.18µg (7.79%), Copper: 0.15mg (7.37%), Vitamin D: 0.41µg (2.72%), Vitamin E: 0.34mg (2.27%)