



Chicken with Creamy Corn and Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb baking potatoes cubed (2)
- 15 oz regular corn drained canned
- 1 cup four cheese shredded mexican style kraft finely
- 1 cup chicken broth
- 4 oz philadelphia cream cheese cubed ()
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 lime cut into 4 wedges

- 1 small onion chopped
- 1 bell pepper red chopped
- 1 lb chicken breasts boneless skinless

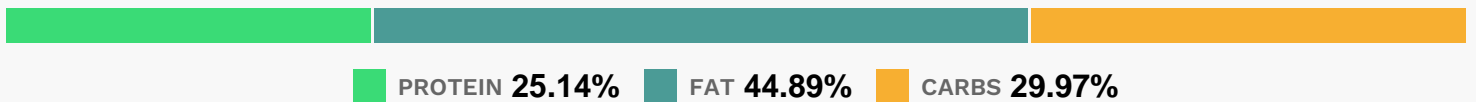
Equipment

- frying pan

Directions

- Heat dressing in large skillet on medium-high heat.
- Add chicken and potatoes; cover. Cook 15 to 18 min. or until chicken is done (165F), turning occasionally.
- Remove chicken from skillet; cover to keep warm.
- Add onions and peppers to skillet; cook 5 min., stirring occasionally.
- Add corn and broth. Bring to boil; cover. Simmer 3 min. or until potatoes are tender. Stir in cream cheese; cook 2 min. or until melted, stirring occasionally.
- Top with shredded cheese and cilantro.
- Serve with chicken and lime wedges.

Nutrition Facts



Properties

Glycemic Index:65.44, Glycemic Load:17.88, Inflammation Score:-9, Nutrition Score:28.304347810538%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 606.03kcal (30.3%), Fat: 30.37g (46.73%), Saturated Fat: 12.96g (80.99%), Carbohydrates: 45.62g (15.21%), Net Carbohydrates: 42.73g (15.54%), Sugar: 7.57g (8.41%), Cholesterol: 130.63mg (43.54%), Sodium: 1096.61mg (47.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.27g (76.53%), Vitamin B3: 14.39mg (71.97%), Vitamin B6: 1.41mg (70.55%), Selenium: 48.19µg (68.84%), Vitamin C: 54.27mg (65.78%), Phosphorus: 526.87mg (52.69%), Potassium: 1220.8mg (34.88%), Vitamin A: 1718.38IU (34.37%), Calcium: 268.24mg (26.82%), Vitamin B2: 0.43mg (25.07%), Vitamin B5: 2.4mg (23.99%), Vitamin K: 24.72µg (23.54%), Magnesium: 86.08mg (21.52%), Folate: 78.7µg (19.67%), Manganese: 0.36mg (17.91%), Zinc: 2.65mg (17.68%), Vitamin B1: 0.24mg (16.28%), Vitamin E: 1.88mg (12.56%), Copper: 0.23mg (11.71%), Iron: 2.11mg (11.7%), Fiber: 2.89g (11.57%), Vitamin B12: 0.6µg (10.01%), Vitamin D: 0.28µg (1.89%)