



Creamy Chicken and Loaded Potatoes Skillet

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



323 kcal

SIDE DISH

Ingredients

- 4.5 oz baked beans
- 1.3 cups water boiling
- 1.8 cups milk
- 2 tablespoons butter
- 0.3 teaspoon basil dried
- 2 cups roasted chicken cubed cooked
- 2 cups savory vegetable mixed frozen

Equipment

frying pan

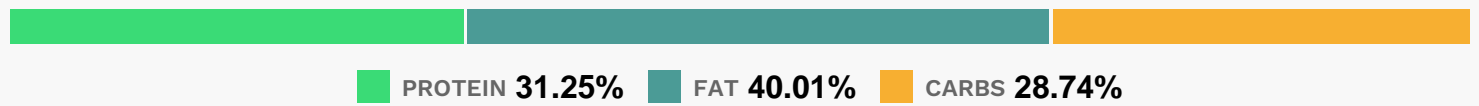
whisk

Directions

In 10-inch nonstick skillet, stir sauce mix, water, milk and butter with whisk until blended. Stir in potatoes and basil.

Heat to boiling, stirring occasionally; reduce heat. Cover and simmer 20 minutes, stirring occasionally. Stir in chicken and vegetables. Cover and simmer 10 to 15 minutes longer or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:31.42, Glycemic Load:7.74, Inflammation Score:-10, Nutrition Score:19.407826081566%

Nutrients (% of daily need)

Calories: 323.47kcal (16.17%), Fat: 14.66g (22.56%), Saturated Fat: 4.7g (29.39%), Carbohydrates: 23.7g (7.9%), Net Carbohydrates: 18.28g (6.65%), Sugar: 5.14g (5.71%), Cholesterol: 67.54mg (22.51%), Sodium: 337.63mg (14.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.54%), Vitamin A: 5073.47IU (101.47%), Vitamin B3: 6.92mg (34.58%), Phosphorus: 332.13mg (33.21%), Selenium: 21.11µg (30.16%), Vitamin B6: 0.46mg (23.07%), Fiber: 5.42g (21.67%), Vitamin B2: 0.34mg (20.18%), Calcium: 185.07mg (18.51%), Manganese: 0.36mg (17.97%), Potassium: 616.48mg (17.61%), Zinc: 2.39mg (15.92%), Vitamin B1: 0.23mg (15.46%), Magnesium: 61.59mg (15.4%), Vitamin B12: 0.79µg (13.11%), Iron: 2.31mg (12.83%), Vitamin B5: 1.27mg (12.65%), Vitamin C: 10.12mg (12.26%), Folate: 41.64µg (10.41%), Copper: 0.21mg (10.37%), Vitamin D: 1.17µg (7.83%), Vitamin E: 0.28mg (1.85%), Vitamin K: 1.39µg (1.33%)