



Creamy Chicken and Loaded Potatoes Skillet

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

Ingredients

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

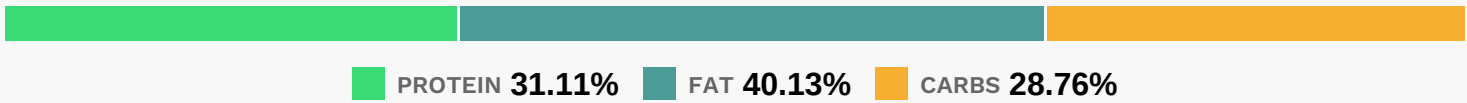
Equipment

- ☐ 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:41.69, Glycemic Load:9.85, Inflammation Score:-10, Nutrition Score:19.122173910556%

Flavonoids

Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 314.22kcal (15.71%), Fat: 14.2g (21.84%), Saturated Fat: 4.52g (28.25%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 18.53g (6.74%), Sugar: 5.38g (5.98%), Cholesterol: 65.31mg (21.77%), Sodium: 207.5mg (9.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.76g (49.52%), Vitamin A: 5074.11IU (101.48%), Vitamin B3: 7.11mg (35.54%), Phosphorus: 315.87mg (31.59%), Selenium: 19.71µg (28.16%), Vitamin B6: 0.54mg (26.75%), Vitamin B2: 0.34mg (20.07%), Vitamin C: 15.76mg (19.1%), Potassium: 652.2mg (18.63%), Fiber: 4.37g (17.46%), Calcium: 172mg (17.2%), Vitamin B1: 0.24mg (16.03%), Manganese: 0.29mg (14.66%), Magnesium: 58.08mg (14.52%), Zinc: 2.02mg (13.44%), Vitamin B5: 1.33mg (13.28%), Vitamin B12: 0.79µg (13.11%), Iron: 2.02mg (11.2%), Folate: 35.26µg (8.81%), Copper: 0.17mg (8.66%), Vitamin D: 1.17µg (7.83%), Vitamin K: 2µg (1.9%), Vitamin E: 0.28mg (1.87%)