



Creamy Potato-Chicken Casserole

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



531 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups cheddar cheese crackers white crushed
- 1.3 cups cream of mushroom soup homemade
- 1 Dash hot sauce
- 28 oz potatoes frozen with onions and peppers cubed
- 3 cups deli-roasted chicken chopped
- 8 oz sharp cheddar cheese shredded
- 16 oz cup heavy whipping cream sour

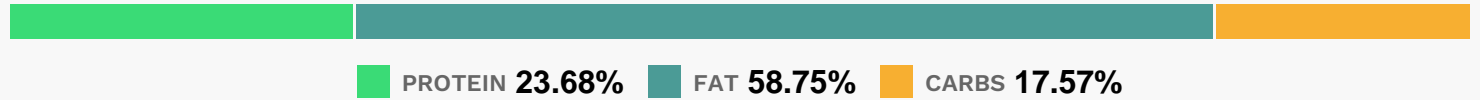
Equipment

- oven
- baking pan
- microwave

Directions

- Preheat oven to 35
- Microwave potatoes at HIGH 6 to 7 minutes or until tender.
- Let stand 5 minutes. Meanwhile, stir together Homemade Cream of Mushroom Soup, chicken, sour cream, Cheddar cheese, and dash of hot sauce. Stir in cooked potatoes. Spoon into a lightly greased 13- x 9-inch baking dish.
- Sprinkle with crushed crackers.
- Bake 45 to 50 minutes or until bubbly.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17.22, Glycemic Load:13.06, Inflammation Score:-7, Nutrition Score:18.778695614442%

Flavonoids

Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 531.29kcal (26.56%), Fat: 34.76g (53.47%), Saturated Fat: 18.04g (112.76%), Carbohydrates: 23.39g (7.8%), Net Carbohydrates: 21.13g (7.68%), Sugar: 2.89g (3.22%), Cholesterol: 131.4mg (43.8%), Sodium: 712.57mg (30.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.52g (63.03%), Calcium: 477.21mg (47.72%), Phosphorus: 471.09mg (47.11%), Selenium: 31.33µg (44.75%), Vitamin B6: 0.59mg (29.3%), Vitamin B3: 5.62mg (28.1%), Vitamin B2: 0.48mg (28.08%), Zinc: 3.78mg (25.22%), Vitamin C: 20.07mg (24.32%), Potassium: 702.04mg (20.06%), Vitamin A: 943.89IU (18.88%), Vitamin B12: 0.93µg (15.57%), Manganese: 0.29mg (14.54%), Magnesium: 57.56mg (14.39%), Vitamin B5: 1.3mg (13.03%), Copper: 0.24mg (12.24%), Iron: 1.82mg (10.08%), Vitamin B1: 0.15mg (9.84%), Folate: 36.55µg (9.14%), Fiber: 2.26g (9.05%), Vitamin E: 0.65mg (4.33%), Vitamin K: 4.09µg (3.9%), Vitamin D: 0.34µg (2.26%)