



Hot Chicken and Chips Retro

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounce water chestnuts drained sliced chopped canned
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup mayonnaise low-fat
- ☐ 0.3 cup cream sour reduced-fat

- ☐ 2 ounces potato chips crushed
- ☐ 0.3 cup bell pepper red chopped
- ☐ 4 cups chicken breast boneless skinless chopped (4 breasts)
- ☐ 0.5 teaspoon salt
- ☐ 3 ounces swiss cheese shredded

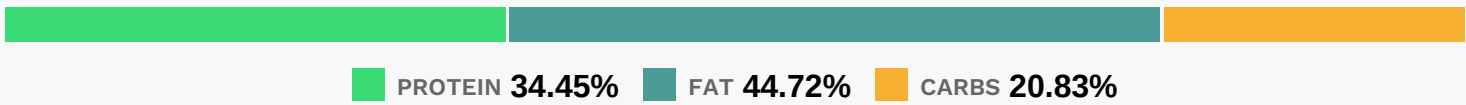
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine chicken and next 4 ingredients (through water chestnuts) in a large bowl; stir well.
- ☐ Combine low-fat mayonnaise and next 5 ingredients (through black pepper) in a small bowl, stirring with a whisk.
- ☐ Add mayonnaise mixture to chicken mixture; stir well to combine. Spoon chicken mixture into an 11 x 7-inch baking dish coated with cooking spray, and sprinkle with cheese. Top cheese evenly with chips.
- ☐ Bake at 400 for 13 minutes or until filling is bubbly and chips are golden.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:18.31304357622%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg,

Naringenin: 0.07mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 312.89kcal (15.64%), Fat: 15.5g (23.85%), Saturated Fat: 4.77g (29.81%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 14.07g (5.12%), Sugar: 2.69g (2.99%), Cholesterol: 83.52mg (27.84%), Sodium: 572.76mg (24.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.87g (53.74%), Vitamin B3: 11.23mg (56.13%), Selenium: 38.31µg (54.73%), Vitamin B6: 0.93mg (46.54%), Vitamin K: 43.77µg (41.68%), Phosphorus: 333.16mg (33.32%), Vitamin B5: 2.03mg (20.33%), Vitamin C: 16.53mg (20.03%), Potassium: 631.01mg (18.03%), Calcium: 157.52mg (15.75%), Vitamin E: 2.14mg (14.24%), Magnesium: 44.62mg (11.16%), Vitamin B12: 0.67µg (11.14%), Vitamin B2: 0.19mg (11.13%), Zinc: 1.65mg (10.99%), Vitamin A: 542.79IU (10.86%), Manganese: 0.19mg (9.28%), Fiber: 2.18g (8.71%), Vitamin B1: 0.11mg (7.25%), Iron: 1.28mg (7.09%), Copper: 0.13mg (6.54%), Folate: 21.91µg (5.48%)