



## Kid-Pleasing Potato Nugget Casserole

READY IN



65 min.

SERVINGS



4

CALORIES



564 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10.8 oz cream of chicken soup canned
- 1 cup milk
- 1 tablespoon dehydrated onion dried minced
- 2 cups roasted chicken cooked
- 2 cups savory vegetable mixed frozen thawed (from 1-lb bag)
- 16 oz potato nuggets frozen
- 2 oz processed cheese food shredded

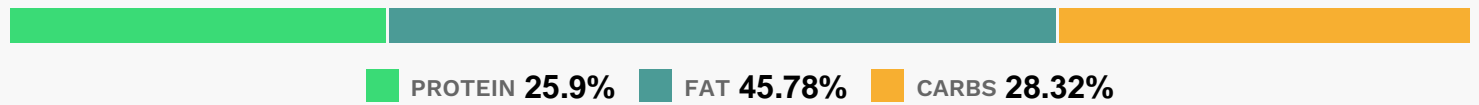
### Equipment

oven

## Directions

- Heat oven to 375°F. In ungreased 2-quart casserole, mix soup, milk, dried onion, chicken and vegetables. Arrange frozen potato nuggets over top.
- Bake uncovered 40 to 45 minutes.
- Sprinkle with cheese.
- Bake 5 to 10 minutes longer or until bubbly and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:38.25, Glycemic Load:7.44, Inflammation Score:-10, Nutrition Score:24.387391111125%

## Nutrients (% of daily need)

Calories: 564.06kcal (28.2%), Fat: 30.15g (46.38%), Saturated Fat: 7.76g (48.51%), Carbohydrates: 41.96g (13.99%), Net Carbohydrates: 29.7g (10.8%), Sugar: 8.39g (9.32%), Cholesterol: 80.09mg (26.7%), Sodium: 890.42mg (38.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.37g (76.75%), Vitamin A: 5021.34IU (100.43%), Iron: 13.97mg (77.6%), Fiber: 12.26g (49.04%), Phosphorus: 367.97mg (36.8%), Vitamin B3: 7.04mg (35.21%), Selenium: 23.12µg (33.02%), Potassium: 1116.38mg (31.9%), Calcium: 273.86mg (27.39%), Vitamin B6: 0.44mg (21.96%), Vitamin B2: 0.33mg (19.64%), Manganese: 0.31mg (15.57%), Zinc: 2.32mg (15.47%), Vitamin B1: 0.21mg (13.79%), Magnesium: 51.74mg (12.94%), Vitamin B5: 1.28mg (12.77%), Vitamin C: 10.48mg (12.7%), Vitamin B12: 0.75µg (12.42%), Copper: 0.23mg (11.72%), Folate: 34.62µg (8.66%), Vitamin D: 0.76µg (5.04%), Vitamin E: 0.56mg (3.72%), Vitamin K: 3.72µg (3.55%)