



Potatoes and Chicken Fiesta

 Gluten Free

READY IN



50 min.

SERVINGS



5

CALORIES



171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.7 oz potatoes
- ☐ 2.3 cups water boiling
- ☐ 0.8 cup milk
- ☐ 0.3 cup monterrey jack cheese shredded
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 0.3 cup salsa thick
- ☐ 10 oz chicken breast chunk drained canned

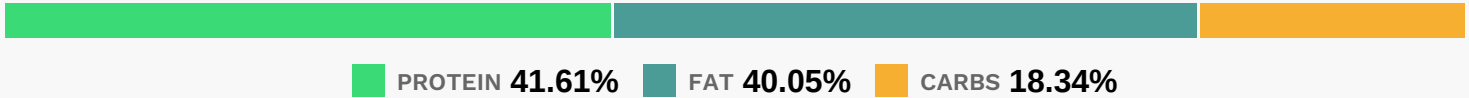
Equipment

- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 400° F. Stir Sauce
- ☐ Mix, boiling water and milk with whisk in 2-quart casserole. Stir in Potatoes and remaining ingredients.
- ☐ Bake uncovered about 35 minutes or until potatoes are tender.
- ☐ Let stand 5 minutes before serving (sauce will thicken as it stands).

Nutrition Facts



Properties

Glycemic Index:35.15, Glycemic Load:4.12, Inflammation Score:-4, Nutrition Score:10.231739127118%

Flavonoids

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 170.98kcal (8.55%), Fat: 7.54g (11.6%), Saturated Fat: 3.9g (24.36%), Carbohydrates: 7.77g (2.59%), Net Carbohydrates: 6.87g (2.5%), Sugar: 2.69g (2.99%), Cholesterol: 54.92mg (18.31%), Sodium: 294.78mg (12.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.63g (35.25%), Vitamin B3: 6.44mg (32.19%), Selenium: 22.3µg (31.86%), Vitamin B6: 0.57mg (28.36%), Phosphorus: 244.72mg (24.47%), Calcium: 168.56mg (16.86%), Potassium: 433.5mg (12.39%), Vitamin B5: 1.11mg (11.05%), Vitamin B2: 0.18mg (10.82%), Magnesium: 33mg (8.25%), Vitamin C: 6.26mg (7.59%), Vitamin B12: 0.45µg (7.56%), Zinc: 1.1mg (7.36%), Vitamin A: 293.45IU (5.87%), Vitamin B1: 0.09mg (5.83%), Copper: 0.08mg (3.88%), Vitamin D: 0.55µg (3.66%), Manganese: 0.07mg (3.6%), Fiber: 0.9g (3.59%), Iron: 0.56mg (3.09%), Vitamin E: 0.42mg (2.77%), Folate: 10.16µg (2.54%), Vitamin K: 1.83µg (1.74%)