



Ranch Potato-Topped Chicken Bake

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups roasted chicken cubed cooked
- 2 cups savory vegetable mixed frozen thawed
- 21.5 oz cream of chicken soup fat-free 98% 30% with less sodium canned
- 0.5 cup chicken broth
- 1.8 cups water
- 1 cup milk
- 2.3 cups potatoes plain dry mashed ()
- 1 oz ranch seasoning dry

1 eggs slightly beaten

Equipment

sauce pan

oven

glass baking pan

Directions

Heat oven to 375°F. In 4-quart saucepan, mix filling ingredients. Cook over medium heat, stirring occasionally, until mixture is bubbly and hot. Spoon into ungreased 13x9-inch (3-quart) glass baking dish.

In 2-quart saucepan, heat water to boiling.

Remove from heat.

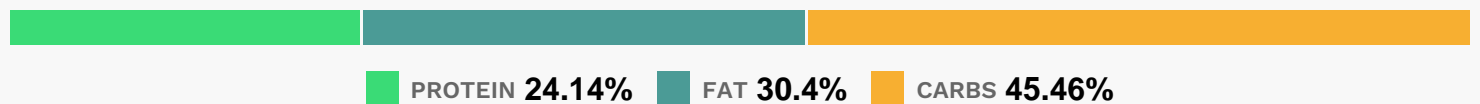
Add milk. Stir in potato mix (dry) and ranch dip mix with fork until moistened.

Let stand 1 minute.

Add egg; blend well. Cool 5 minutes. Spoon or pipe potato mixture around edges of hot chicken mixture.

Bake 25 to 30 minutes or until potatoes are set and light golden brown.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:6.43, Inflammation Score:-9, Nutrition Score:17.419565180074%

Nutrients (% of daily need)

Calories: 337.03kcal (16.85%), Fat: 11.4g (17.54%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 38.37g (12.79%), Net Carbohydrates: 34.45g (12.53%), Sugar: 3.37g (3.75%), Cholesterol: 75.68mg (25.23%), Sodium: 1256.39mg (54.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.37g (40.74%), Vitamin A: 3393.02IU (67.86%), Vitamin B3: 6.34mg (31.68%), Vitamin C: 24.64mg (29.86%), Selenium: 19.77µg (28.24%), Phosphorus: 248.36mg (24.84%), Vitamin B1: 0.37mg (24.55%), Vitamin B6: 0.46mg (22.76%), Potassium: 606.95mg (17.34%), Vitamin B2: 0.29mg (17.23%), Fiber: 3.91g (15.65%), Vitamin B5: 1.48mg (14.81%), Iron: 2.63mg (14.62%), Manganese: 0.27mg

(13.7%), Copper: 0.27mg (13.45%), Magnesium: 49.92mg (12.48%), Zinc: 1.72mg (11.44%), Calcium: 98.04mg (9.8%), Folate: 35.76µg (8.94%), Vitamin B12: 0.42µg (7.07%), Vitamin K: 6.27µg (5.97%), Vitamin E: 0.66mg (4.4%), Vitamin D: 0.59µg (3.96%)