



Redskin Hodge Podge

READY IN



85 min.

SERVINGS



15

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter
- 15.3 ounce regular corn sweet yellow drained canned
- 8 ounce corn bread mix jiffy® (such as)
- 1 eggs
- 0.5 cup milk fat free
- 3 cloves garlic peeled
- 0.3 cup parmesan cheese grated
- 4 potatoes red cubed
- 0.5 teaspoon salt

- 2 cups meat from a rotisserie chicken shredded cooked
- 0.3 cup sugar white

Equipment

- bowl
- oven
- pot
- baking pan
- toothpicks

Directions

- Place the potatoes and garlic into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- Drain and allow to steam dry for a minute or two.
- Combine potatoes and garlic with 1/4 cup melted butter, milk, heavy cream, and salt. Mash the potatoes until smooth, then stir in Parmesan cheese.
- Preheat an oven to 375 degrees F (190 degrees C).
- Mix the chicken and corn in a 9x13-inch baking dish, then spread the mixture into an even layer.
- Spread the mashed potatoes on top; set aside.
- Combine the cornbread mix, sugar, and egg in a bowl.
- Spread the mixture over the mashed potatoes.
- Bake in the preheated oven until golden brown and a toothpick inserted into the center comes out clean, 20 to 25 minutes.
- Spread the remaining 1 tablespoon of butter over the cornbread, and allow to melt completely before serving.

Nutrition Facts



Properties

Glycemic Index:15.92, Glycemic Load:5.49, Inflammation Score:-3, Nutrition Score:7.5365218286929%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 196.21kcal (9.81%), Fat: 5.12g (7.87%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 27.08g (9.85%), Sugar: 8.87g (9.86%), Cholesterol: 28.92mg (9.64%), Sodium: 268.37mg (11.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.94%), Phosphorus: 192.87mg (19.29%), Vitamin B3: 3.13mg (15.66%), Vitamin B6: 0.25mg (12.55%), Potassium: 404.57mg (11.56%), Selenium: 7.54µg (10.77%), Fiber: 2.65g (10.61%), Vitamin B1: 0.16mg (10.43%), Manganese: 0.19mg (9.59%), Folate: 33.54µg (8.38%), Vitamin C: 6.67mg (8.09%), Vitamin B2: 0.13mg (7.89%), Magnesium: 29.62mg (7.41%), Vitamin B5: 0.72mg (7.25%), Iron: 1.22mg (6.78%), Zinc: 0.89mg (5.94%), Copper: 0.12mg (5.94%), Calcium: 45.95mg (4.6%), Vitamin A: 175.11IU (3.5%), Vitamin B12: 0.17µg (2.76%), Vitamin K: 2.63µg (2.51%), Vitamin D: 0.16µg (1.05%)