



Robin's Potato Chip Chicken and Garlic Mashed Potatoes

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



1166 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 servings pepper black freshly ground
- 4 tablespoons butter melted
- 24 ounce chicken breasts bone in with the)
- 6.3 cups chicken broth
- 1 clove garlic minced
- 1 clove garlic peeled

- 1 cup half-and-half
- 1.5 cups potato chips crushed
- 5 pounds russet potatoes peeled
- 4 servings salt
- 6 tablespoons butter unsalted cubed

Equipment

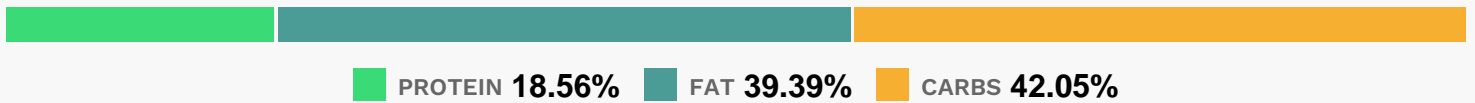
- food processor
- baking sheet
- paper towels
- sauce pan
- oven
- knife
- pot
- baking pan
- aluminum foil
- rolling pin
- colander

Directions

- For the chicken: Preheat the oven to 450 degrees F. Line a baking sheet with aluminum foil.
- In a small saucepan, melt 4 tablespoons butter. To a small baking dish, add the clove of minced garlic.
- Pour the melted butter over the garlic and cool slightly.
- In a food processor, crumble the potato chips by pulsing for 30 seconds. You can also place a paper towel over the chips and roll back and forth with a rolling pin until the chips resemble crumbs. Season the crumbled potato chips with the 1/4 teaspoon of ground black pepper.
- Dip the chicken breasts into the butter-garlic mixture and then into the potato chips.
- Place the chicken breasts on the foil lined baking sheet and place in the oven.

- Bake for 12 to 15 minutes until the cutlets are cooked through but still tender and that the topping is golden brown. The cook time for thighs and breasts with bone in is 30 to 40 minutes
- Cut the potatoes into uniform pieces and place in a 4-quart saucepan with 1 clove of garlic. Cover the potatoes with 6 1/4 cups of chicken broth. Cover the saucepan and bring to a boil over high heat. Cook the potatoes until they are tender when you pierce them with a knife, about 15 to 20 minutes.
- In a small saucepan, heat 6 tablespoons unsalted butter and half-and-half, just until the butter has melted.
- Remove 1/2 cup of the chicken broth that the potatoes were cooked in and reserve.
- Drain the potatoes in a colander. Return the potatoes to the pot and mash while gradually adding the half-and-half mixture.
- Add the 1/2 cup of reserved broth if desired and season with salt and pepper.
- Serve the mashed potatoes with the chicken.

Nutrition Facts



Properties

Glycemic Index:64.69, Glycemic Load:80.76, Inflammation Score:-9, Nutrition Score:45.670869391897%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1166.44kcal (58.32%), Fat: 51.83g (79.73%), Saturated Fat: 24.48g (153.03%), Carbohydrates: 124.48g (41.49%), Net Carbohydrates: 116.04g (42.19%), Sugar: 7.74g (8.6%), Cholesterol: 212.63mg (70.88%), Sodium: 2079.23mg (90.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.94g (109.88%), Vitamin B6: 3.45mg (172.5%), Vitamin B3: 26.02mg (130.12%), Potassium: 3539.61mg (101.13%), Selenium: 61.48µg (87.82%), Phosphorus: 801.03mg (80.1%), Manganese: 1.35mg (67.6%), Vitamin B5: 5.77mg (57.75%), Magnesium: 205.9mg (51.48%), Vitamin C: 42.26mg (51.22%), Vitamin B1: 0.74mg (49.46%), Vitamin B2: 0.73mg (43.13%), Copper: 0.78mg (38.8%), Iron: 6.26mg (34.76%), Fiber: 8.45g (33.79%), Vitamin E: 4.81mg (32.06%), Folate: 98.37µg (24.59%), Zinc: 3.52mg (23.49%), Vitamin A: 1154.23IU (23.08%), Vitamin K: 21.22µg (20.21%), Calcium: 180.56mg (18.06%), Vitamin B12: 0.59µg (9.8%), Vitamin D: 0.49µg (3.23%)