



Scalloped Chicken and Potatoes

READY IN



55 min.

SERVINGS



5

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.8 oz chives sour sliced
- 2.3 cups water boiling
- 0.8 cup milk whole
- 3 cups roasted chicken cubed cooked
- 1 cup peas sweet frozen
- 8 oz mushroom stems and pieces drained canned
- 0.5 cup breadcrumbs plain
- 0.3 cup butter melted
- 1 tablespoon parsley fresh chopped

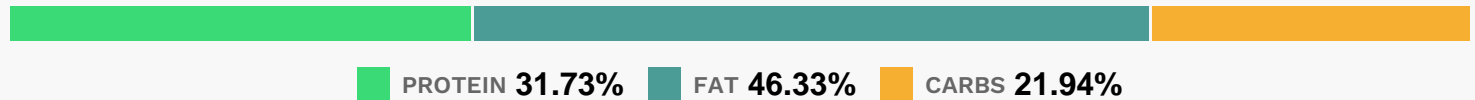
Equipment

- bowl
- oven

Directions

- Heat oven to 450°F. In ungreased 2-quart casserole, mix contents of uncooked potatoes and sauce mix pouches (from potato mix box), boiling water, half-and-half, chicken, peas and mushrooms.
- Bake uncovered 30 to 35 minutes, stirring once, until potatoes are tender.
- In small bowl, mix remaining ingredients; sprinkle over potato mixture.
- Bake uncovered about 5 minutes longer or until light golden brown.

Nutrition Facts



Properties

Glycemic Index:31.87, Glycemic Load:2, Inflammation Score:-9, Nutrition Score:20.335217227107%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 343.85kcal (17.19%), Fat: 17.5g (26.92%), Saturated Fat: 4.47g (27.94%), Carbohydrates: 18.65g (6.22%), Net Carbohydrates: 15.44g (5.62%), Sugar: 5.31g (5.91%), Cholesterol: 69.21mg (23.07%), Sodium: 421.17mg (18.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.97g (53.94%), Vitamin K: 79.1µg (75.34%), Vitamin B3: 8.17mg (40.85%), Vitamin A: 1973.66IU (39.47%), Selenium: 24.85µg (35.5%), Vitamin C: 28.5mg (34.54%), Phosphorus: 266.25mg (26.62%), Vitamin B6: 0.47mg (23.41%), Potassium: 714.25mg (20.41%), Vitamin B1: 0.28mg (18.48%), Vitamin B2: 0.29mg (17.18%), Manganese: 0.34mg (16.83%), Folate: 64.51µg (16.13%), Calcium: 151.59mg (15.16%), Zinc: 2.11mg (14.1%), Iron: 2.45mg (13.61%), Fiber: 3.21g (12.83%), Magnesium: 49.48mg (12.37%), Vitamin B5: 1.14mg (11.44%), Copper: 0.19mg (9.39%), Vitamin B12: 0.49µg (8.17%), Vitamin E: 0.48mg (3.2%), Vitamin D: 0.4µg (2.68%)