



Scalloped Chicken and Potatoes

READY IN



55 min.

SERVINGS



5

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

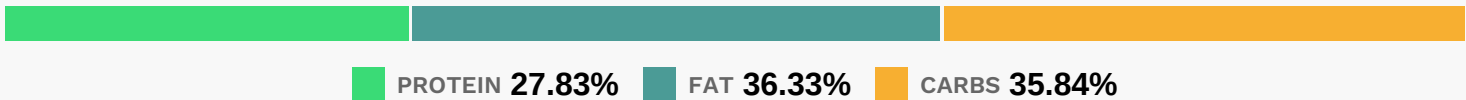
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 450F. 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:29.27, Glycemic Load:2.1, Inflammation Score:-7, Nutrition Score:21.555652183035%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Nutrients (% of daily need)

Calories: 416.61kcal (20.83%), Fat: 16.84g (25.9%), Saturated Fat: 4.32g (26.98%), Carbohydrates: 37.38g (12.46%), Net Carbohydrates: 32.97g (11.99%), Sugar: 5.89g (6.55%), Cholesterol: 67.39mg (22.46%), Sodium: 300.79mg (13.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.02g (58.04%), Vitamin B3: 11.34mg (56.68%), Selenium: 32.47µg (46.38%), Vitamin C: 35.68mg (43.25%), Vitamin B1: 0.56mg (37.44%), Vitamin B6: 0.68mg (34.06%), Phosphorus: 331.93mg (33.19%), Vitamin B2: 0.47mg (27.83%), Vitamin B5: 2.3mg (23%), Potassium: 791.46mg (22.61%), Vitamin K: 23.5µg (22.38%), Fiber: 4.42g (17.66%), Copper: 0.33mg (16.66%), Zinc: 2.39mg (15.92%), Vitamin A: 791.96IU (15.84%), Magnesium: 60.1mg (15.02%), Manganese: 0.3mg (15.02%), Iron: 2.57mg (14.28%), Folate: 56.17µg (14.04%), Calcium: 98.52mg (9.85%), Vitamin B12: 0.51µg (8.48%), Vitamin D: 0.49µg (3.29%), Vitamin E: 0.44mg (2.9%)