



Slow Cooker Scalloped Potatoes with Chicken

 Gluten Free

READY IN



630 min.

SERVINGS



5

CALORIES



712 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon celery seed
- 1 tablespoon cornstarch
- 1 teaspoon parsley dried
- 0.5 bell pepper green chopped
- 1.3 cups mozzarella cheese cubed
- 0.5 onion chopped
- 0.5 teaspoon paprika
- 2 tablespoons pressurized cheese spread canned cheez whiz® (such as)

- 10.8 ounce reduced fat condensed cream of mushroom soup canned
- 7 large russet potatoes peeled thinly sliced
- 5 servings sea salt to taste
- 10.8 ounce skim milk canned
- 20 ounce chicken breast halves boneless skinless
- 2 tablespoons water

Equipment

- bowl
- slow cooker

Directions

- In a large bowl, mix together the onion, green pepper, mushroom soup, milk, mozzarella cheese, cheese spread, celery seed, paprika, and parsley until thoroughly combined.
- Pour 1/4 of the sauce into the bottom of a slow cooker.
- Spread the potatoes over the sauce; pour the remaining sauce over the potatoes.
- Place chicken breasts into the slow cooker, sprinkle with a pinch or 2 of sea salt, and push the chicken down into the sauce mixture.
- Cook on low for 6 hours, then set cooker to high and cook until chicken and potatoes are very tender, 4 additional hours. During the last hour of cooking, mix cornstarch with water, and stir into the sauce to thicken.

Nutrition Facts



PROTEIN 25.98% **FAT 15.89%** **CARBS 58.13%**

Properties

Glycemic Index:39.4, Glycemic Load:74.85, Inflammation Score:-8, Nutrition Score:38.401304566342%

Flavonoids

Apigenin: 1.06mg, Apigenin: 1.06mg, Apigenin: 1.06mg, Apigenin: 1.06mg Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 712.12kcal (35.61%), Fat: 12.65g (19.46%), Saturated Fat: 5.79g (36.17%), Carbohydrates: 104.12g (34.71%), Net Carbohydrates: 96.78g (35.19%), Sugar: 7.89g (8.77%), Cholesterol: 102.84mg (34.28%), Sodium: 1047.83mg (45.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.53g (93.06%), Vitamin B6: 2.75mg (137.39%), Vitamin B3: 17.92mg (89.61%), Potassium: 2818.53mg (80.53%), Phosphorus: 711.87mg (71.19%), Selenium: 44.47µg (63.53%), Manganese: 1.07mg (53.57%), Vitamin C: 41.64mg (50.48%), Magnesium: 169.2mg (42.3%), Vitamin B1: 0.56mg (37.61%), Vitamin B5: 3.57mg (35.74%), Copper: 0.71mg (35.36%), Calcium: 327.21mg (32.72%), Iron: 5.62mg (31.23%), Fiber: 7.34g (29.36%), Vitamin B2: 0.49mg (28.79%), Zinc: 3.98mg (26.52%), Vitamin B12: 1.32µg (21.94%), Folate: 87.74µg (21.93%), Vitamin A: 550.6IU (11.01%), Vitamin K: 11.53µg (10.98%), Vitamin D: 0.9µg (5.97%), Vitamin E: 0.43mg (2.86%)