



## Sour Cream Chicken and Potatoes

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 10 chicken tenderloins
- 1 clove garlic
- 0.5 large bell pepper green chopped
- 1 cup parmesan cheese divided freshly grated
- 2 large potatoes quartered
- 1 onion red chopped
- 1.5 cups cup heavy whipping cream sour divided

- 1 cup spinach leaves fresh
- 0.3 cup sun-dried tomatoes

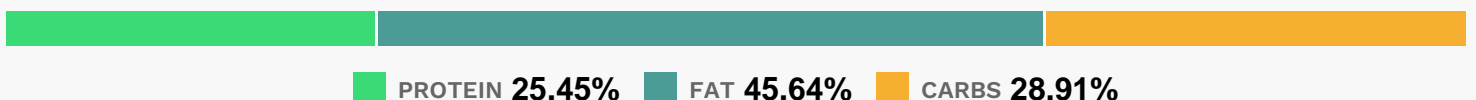
## Equipment

- food processor
- frying pan
- oven
- pot
- blender
- casserole dish

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a medium casserole dish.
- Place potatoes in a pot with enough water to cover, and bring to a boil. Cook 10 minutes, or until tender but firm. Cool, and partially mash together with 3/4 cup Parmesan cheese and 1/2 cup sour cream. Set aside.
- Place sun-dried tomatoes, butter, spinach, garlic, and remaining 1/4 cup Parmesan cheese in a blender or food processor, and blend until almost smooth.
- Heat the olive oil in a skillet over medium heat, and cook the onion and green bell pepper until tender. Reserve remaining oil in skillet, and spread onion and pepper over the bottom of the casserole dish. Top with the potato mixture.
- Mix the sun-dried tomato mixture into the skillet with the remaining oil.
- Place chicken in skillet, and cook 4 minutes on each side over medium heat, until browned and juices run clear. Arrange chicken and sun-dried tomato mixture over the potato mixture in the casserole dish, and top with remaining 1 cup sour cream.
- Bake 15 minutes in the preheated oven, until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:43.79, Glycemic Load:16.82, Inflammation Score:-8, Nutrition Score:23.213043663813%

## Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

## Nutrients (% of daily need)

Calories: 430.97kcal (21.55%), Fat: 22.08g (33.96%), Saturated Fat: 11.33g (70.83%), Carbohydrates: 31.47g (10.49%), Net Carbohydrates: 27.54g (10.01%), Sugar: 5.79g (6.43%), Cholesterol: 111.79mg (37.26%), Sodium: 453.63mg (19.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.69g (55.39%), Vitamin B6: 1.11mg (55.4%), Vitamin B3: 10.6mg (52.99%), Selenium: 35.51µg (50.73%), Vitamin C: 41.45mg (50.24%), Phosphorus: 423.18mg (42.32%), Potassium: 1167.62mg (33.36%), Vitamin K: 31.19µg (29.7%), Calcium: 241.93mg (24.19%), Vitamin A: 1206.36IU (24.13%), Manganese: 0.4mg (19.97%), Magnesium: 77.8mg (19.45%), Vitamin B5: 1.94mg (19.42%), Vitamin B2: 0.32mg (18.8%), Fiber: 3.93g (15.74%), Vitamin B1: 0.21mg (14.22%), Copper: 0.26mg (13.08%), Zinc: 1.93mg (12.85%), Folate: 45.28µg (11.32%), Iron: 2.03mg (11.28%), Vitamin B12: 0.52µg (8.67%), Vitamin E: 0.74mg (4.93%), Vitamin D: 0.17µg (1.11%)