



Cheesy Chicken Alfredo Skillet

 **Gluten Free**  **Popular**

READY IN



25 min.

SERVINGS



5

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 slices oscar mayer bacon crumbled cooked
- 12.5 oz velveeta cheesy skillet dinner kit chicken alfredo
- 2 Tbsp parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

Equipment

Directions

Prepare CHEESY SKILLETTS Dinner with chicken as directed on package.

Top with bacon and Parmesan.

Nutrition Facts

PROTEIN 43.08% **FAT 56.13%** **CARBS 0.79%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:12.363043523353%

Nutrients (% of daily need)

Calories: 276.72kcal (13.84%), Fat: 16.76g (25.79%), Saturated Fat: 5.22g (32.6%), Carbohydrates: 0.53g (0.18%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0g (0%), Cholesterol: 99.83mg (33.28%), Sodium: 309.69mg (13.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.96g (57.91%), Vitamin B3: 12.66mg (63.31%), Selenium: 39.05µg (55.79%), Vitamin B6: 0.86mg (42.93%), Phosphorus: 284.88mg (28.49%), Vitamin B5: 1.73mg (17.31%), Potassium: 447.2mg (12.78%), Vitamin B1: 0.14mg (9.32%), Vitamin B2: 0.16mg (9.19%), Zinc: 1.32mg (8.79%), Magnesium: 33.73mg (8.43%), Vitamin B12: 0.42µg (7.06%), Iron: 0.74mg (4.12%), Calcium: 27.06mg (2.71%), Copper: 0.05mg (2.54%), Vitamin E: 0.38mg (2.53%), Vitamin A: 100.28IU (2.01%), Vitamin C: 1.63mg (1.98%), Vitamin D: 0.26µg (1.71%), Folate: 5.79µg (1.45%), Manganese: 0.02mg (1.21%)