



## Cheesy Chicken and Broccoli

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 oz broccoli florets fresh green frozen giant® steamers®
- 14 oz chicken breast uncooked for stir-fry
- 6 oz cheddar cheese shredded

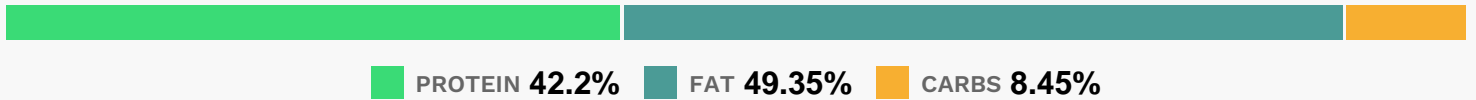
### Equipment

- frying pan

### Directions

- Heat 1 tablespoon oil in 10-inch skillet over medium-high heat. Cook chicken in oil 3 to 4 minutes, stirring occasionally, until no longer pink in center.
- Drain if necessary.
- Add cooking sauce, 1/2 teaspoon salt and 1/8 teaspoon pepper; heat to boiling. Stir in broccoli; heat to boiling. Reduce heat; simmer uncovered about 5 minutes or until broccoli is tender.
- Remove from heat.
- Stir in 1 cup of the cheese until melted.
- Sprinkle with remaining cheese. Cover; let stand 2 to 3 minutes or until cheese is melted.
- Serve with pasta.

## Nutrition Facts



### Properties

Glycemic Index:14.75, Glycemic Load:1.38, Inflammation Score:-8, Nutrition Score:26.607391181199%

### Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

### Nutrients (% of daily need)

Calories: 315.53kcal (15.78%), Fat: 17.34g (26.68%), Saturated Fat: 8.82g (55.15%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 4.47g (1.63%), Sugar: 1.59g (1.76%), Cholesterol: 106.03mg (35.34%), Sodium: 421.27mg (18.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.37g (66.74%), Vitamin C: 77.05mg (93.4%), Vitamin K: 87.97µg (83.78%), Selenium: 45.91µg (65.59%), Vitamin B3: 10.91mg (54.57%), Vitamin B6: 0.92mg (46.07%), Phosphorus: 459.26mg (45.93%), Calcium: 345.58mg (34.56%), Vitamin B2: 0.39mg (22.72%), Vitamin B5: 2.08mg (20.77%), Vitamin A: 985.71IU (19.71%), Potassium: 668.62mg (19.1%), Folate: 66.48µg (16.62%), Zinc: 2.48mg (16.57%), Magnesium: 55.14mg (13.78%), Vitamin B12: 0.65µg (10.82%), Manganese: 0.2mg (9.89%), Vitamin B1: 0.14mg (9.08%), Fiber: 2.21g (8.85%), Vitamin E: 1.17mg (7.81%), Iron: 1.06mg (5.87%), Copper: 0.08mg (4.12%), Vitamin D: 0.35µg (2.36%)