



Cheesy Chicken & Broccoli Mac

READY IN



40 min.

SERVINGS



40

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz broccoli florets frozen thawed
- 14 oz deluxe macaroni & cheese dinner made 2% with milk cheese kraft
- 1 cup milk and water
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

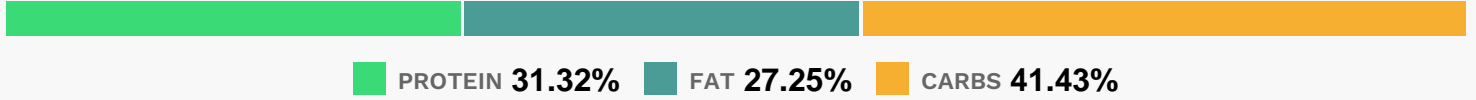
Equipment

- frying pan

Directions

- Cook and stir chicken in large nonstick skillet on medium heat 8 to 10 min. or until done.
- Add milk, water and Macaroni; stir. Bring to boil; cover. Simmer on medium–low heat 8 to 10 min. or until macaroni is tender, stirring occasionally.
- Stir in Cheese Sauce and broccoli; cook and stir 5 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:3.35, Glycemic Load:3.16, Inflammation Score:-1, Nutrition Score:2.7460869719153%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 52.14kcal (2.61%), Fat: 1.57g (2.42%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 5.2g (1.89%), Sugar: 0.41g (0.46%), Cholesterol: 7.99mg (2.66%), Sodium: 93.82mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Vitamin C: 6.46mg (7.83%), Phosphorus: 73.45mg (7.34%), Vitamin K: 7.27µg (6.92%), Vitamin B3: 1.23mg (6.17%), Selenium: 3.92µg (5.6%), Vitamin B6: 0.1mg (5.05%), Manganese: 0.06mg (3.17%), Potassium: 93.05mg (2.66%), Calcium: 25.79mg (2.58%), Vitamin B5: 0.22mg (2.25%), Magnesium: 8.54mg (2.14%), Zinc: 0.25mg (1.66%), Iron: 0.3mg (1.66%), Vitamin B2: 0.03mg (1.65%), Folate: 4.92µg (1.23%), Vitamin A: 57.44IU (1.15%), Vitamin B1: 0.02mg (1.05%)