



Cheesy Chicken & Broccoli Macaroni

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



50 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 oz broccoli frozen thawed chopped
- 2 cups elbow macaroni uncooked
- 14 oz chicken broth fat-free reduced-sodium canned
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 8 oz velveeta cut into 1/2-inch cubes
- 8 oz velveeta cut into 1/2-inch cubes

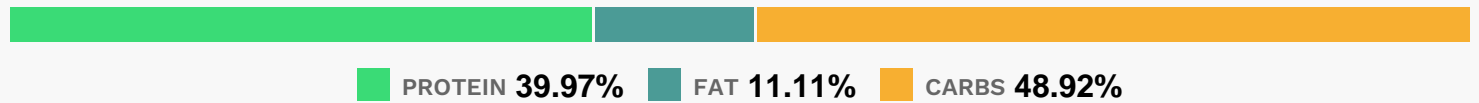
Equipment

- frying pan

Directions

- Cook and stir chicken in large nonstick skillet on medium-high heat 8 to 10 min. or until done.
- Stir in broth. Bring to boil.
- Add macaroni; stir. Cover; simmer on medium-low heat 8 to 10 min. or until macaroni is tender.
- Add VELVEETA and broccoli; cook 4 to 5 min. or until VELVEETA is completely melted and broccoli is heated through, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:0.8, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:4.056521780465%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 49.61kcal (2.48%), Fat: 0.61g (0.93%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 5.47g (1.99%), Sugar: 0.39g (0.44%), Cholesterol: 10.89mg (3.63%), Sodium: 64.48mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.79%), Selenium: 10.37µg (14.81%), Vitamin C: 10.32mg (12.51%), Vitamin K: 11.61µg (11.05%), Vitamin B3: 2.02mg (10.1%), Vitamin B6: 0.16mg (7.93%), Phosphorus: 57.53mg (5.75%), Manganese: 0.09mg (4.58%), Vitamin B5: 0.35mg (3.49%), Potassium: 117.36mg (3.35%), Magnesium: 10.61mg (2.65%), Folate: 9.18µg (2.3%), Vitamin B2: 0.04mg (2.15%), Fiber: 0.52g (2.08%), Vitamin B1: 0.03mg (1.73%), Zinc: 0.25mg (1.64%), Copper: 0.03mg (1.61%), Vitamin A: 75.75IU (1.51%), Iron: 0.25mg (1.39%)