



Cheesy Chicken & Broccoli Rice

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



2655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups broccoli florets fresh
- 3 lb broiler-fryer chicken
- 2 chicken bouillon cubes
- 1 Tbsp oil
- 3.5 cups water
- 1.5 cups rice long-grain white uncooked
- 8 oz velveeta®
- 8 oz velveeta®

Equipment

frying pan

Directions

- Heat oil in large skillet on medium heat.
- Add chicken; cook 5 to 7 min. on each side or until browned on both sides.
- Remove chicken from skillet, reserving drippings in skillet.
- Stir water into drippings in skillet.
- Add bouillon cubes. Bring to boil. Stir in rice. Top with chicken; cover. Reduce heat to medium-low; simmer 10 min.
- Add broccoli; cook an additional 10 min. or until chicken is cooked through (180F).
- Remove chicken from skillet; cover to keep warm.
- Add VELVEETA to ingredients remaining in skillet; mix lightly. Cook until VELVEETA is completely melted and mixture is well blended, stirring frequently. Return chicken to skillet; cover.
- Let stand 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:93.19, Glycemic Load:137.07, Inflammation Score:-10, Nutrition Score:66.984347509301%

Flavonoids

Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg Kaempferol: 21.4mg, Kaempferol: 21.4mg, Kaempferol: 21.4mg, Kaempferol: 21.4mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg

Nutrients (% of daily need)

Calories: 2655.14kcal (132.76%), Fat: 116.32g (178.95%), Saturated Fat: 30.27g (189.17%), Carbohydrates: 241.43g (80.48%), Net Carbohydrates: 230.72g (83.9%), Sugar: 6.36g (7.07%), Cholesterol: 490.92mg (163.64%), Sodium: 2512.59mg (109.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 150.31g (300.61%), Vitamin C: 254.05mg

(307.95%), Vitamin K: 298.52µg (284.3%), Vitamin B3: 50.8mg (254.02%), Selenium: 145.02µg (207.18%), Manganese: 3.73mg (186.43%), Vitamin B6: 3.23mg (161.35%), Phosphorus: 1472.75mg (147.27%), Vitamin B5: 10.37mg (103.7%), Zinc: 12.79mg (85.27%), Vitamin B2: 1.27mg (74.92%), Potassium: 2441.02mg (69.74%), Magnesium: 270.1mg (67.53%), Copper: 1.19mg (59.51%), Folate: 235.94µg (58.99%), Iron: 10.17mg (56.52%), Vitamin B1: 0.79mg (52.53%), Vitamin A: 2615.39IU (52.31%), Vitamin E: 6.88mg (45.87%), Fiber: 10.71g (42.82%), Vitamin B12: 2.05µg (34.15%), Calcium: 317.66mg (31.77%), Vitamin D: 1.31µg (8.71%)