



## Cheesy Chicken & Broccoli Skillet

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups broccoli florets frozen
- 10 oz cream of chicken soup fat-free 98% reduced-sodium canned
- 2 cups brown rice instant prepared
- 4 oz milk velveeta 2% cut into 1/2-inch cubes
- 2 tsp oil
- 1 lb chicken breasts boneless skinless

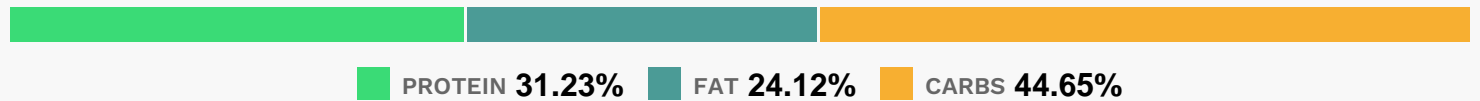
### Equipment

- frying pan

## Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook 7 min., turning after 4 min.
- Add broccoli, soup and VELVEETA; mix well. Simmer on medium heat 7 min. or until chicken is cooked through (165F).
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:4.52, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:4.2104347762854%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 65.41kcal (3.27%), Fat: 1.72g (2.65%), Saturated Fat: 0.42g (2.66%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 6.85g (2.49%), Sugar: 0.41g (0.45%), Cholesterol: 13.06mg (4.35%), Sodium: 105.47mg (4.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.03%), Selenium: 8.85µg (12.64%), Vitamin B3: 2.47mg (12.35%), Vitamin C: 6.72mg (8.15%), Vitamin B6: 0.16mg (7.99%), Vitamin K: 8.2µg (7.81%), Folate: 24.46µg (6.11%), Phosphorus: 59.12mg (5.91%), Vitamin B1: 0.08mg (5.63%), Manganese: 0.09mg (4.68%), Iron: 0.67mg (3.74%), Vitamin B5: 0.37mg (3.69%), Potassium: 104.35mg (2.98%), Vitamin B2: 0.04mg (2.36%), Magnesium: 8.21mg (2.05%), Zinc: 0.28mg (1.9%), Copper: 0.04mg (1.76%), Vitamin A: 78.78IU (1.58%), Vitamin E: 0.22mg (1.47%), Calcium: 13.01mg (1.3%), Fiber: 0.32g (1.28%), Vitamin B12: 0.06µg (1.01%)