



Cheesy Chicken Simmer

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



20

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups broccoli florets frozen thawed
- 10 oz cream of chicken soup canned
- 2 cups rice long-grain white hot cooked
- 2 tsp oil
- 1 lb chicken breasts boneless skinless
- 4 oz velveeta cut into 1/2-inch cubes
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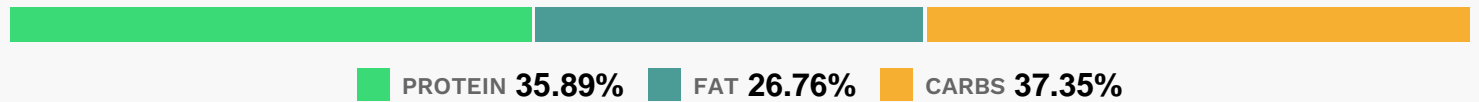
Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook 6 to 7 min. on each side or until done (165F).
- Remove chicken from skillet; cover to keep warm.
- Add broccoli, soup and VELVEETA to skillet; mix well. Cook on medium heat 7 min. or until VELVEETA is melted and sauce is heated through, stirring frequently.
- Serve chicken and broccoli mixture over rice.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:5.34, Inflammation Score:-2, Nutrition Score:4.1943478389927%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 66.22kcal (3.31%), Fat: 1.93g (2.97%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 5.77g (2.1%), Sugar: 0.24g (0.27%), Cholesterol: 15.65mg (5.22%), Sodium: 128.98mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.67%), Selenium: 8.94µg (12.77%), Vitamin B3: 2.54mg (12.71%), Vitamin C: 8.4mg (10.19%), Vitamin B6: 0.2mg (10.02%), Vitamin K: 10.23µg (9.74%), Phosphorus: 64.82mg (6.48%), Manganese: 0.11mg (5.34%), Vitamin B5: 0.46mg (4.64%), Potassium: 125.15mg (3.58%), Magnesium: 10.27mg (2.57%), Vitamin B2: 0.04mg (2.46%), Copper: 0.04mg (1.98%), Zinc: 0.29mg (1.92%), Folate: 7.4µg (1.85%), Iron: 0.33mg (1.85%), Vitamin E: 0.28mg (1.84%), Vitamin A: 89.29IU (1.79%), Vitamin B1: 0.03mg (1.73%), Fiber: 0.3g (1.2%)