



Cheesy Chicken Skewers

READY IN



40 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb baby broccoli ends trimmed
- 6 oz take classic four cheese recipe cheese breadcrumb mix mixed fresh
- 0.3 cup classic ranch dressing kraft
- 1.5 lb chicken breasts boneless skinless cut lengthwise into strips

Equipment

- baking sheet
- oven
- aluminum foil

wooden skewers

Directions

Heat oven to 375F.

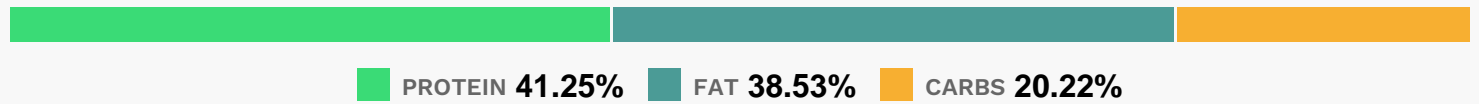
Pour cheese mixture into shallow dish. Thread chicken strips onto wooden skewers; moisten lightly with water. Dip, 1 at a time, in cheese mixture, turning to evenly coat chicken; place on foil-covered rimmed baking sheet sprayed with cooking spray.

Add broccoli to same baking sheet; sprinkle with any remaining cheese mixture.

Bake 25 min. or until chicken is done.

Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:17.245652232481%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 262.8kcal (13.14%), Fat: 11.13g (17.12%), Saturated Fat: 3.27g (20.46%), Carbohydrates: 13.14g (4.38%), Net Carbohydrates: 11.61g (4.22%), Sugar: 1.1g (1.24%), Cholesterol: 83.4mg (27.8%), Sodium: 341.84mg (14.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.8g (53.61%), Vitamin B3: 12.07mg (60.37%), Selenium: 37.58µg (53.69%), Vitamin K: 52.18µg (49.7%), Vitamin B6: 0.92mg (45.93%), Vitamin C: 35.36mg (42.86%), Phosphorus: 281.68mg (28.17%), Vitamin B5: 1.91mg (19.12%), Potassium: 605.24mg (17.29%), Vitamin B2: 0.17mg (9.78%), Magnesium: 37.92mg (9.48%), Iron: 1.58mg (8.76%), Folate: 28.75µg (7.19%), Vitamin B1: 0.1mg (6.73%), Fiber: 1.52g (6.09%), Zinc: 0.83mg (5.53%), Vitamin A: 275.29IU (5.51%), Manganese: 0.1mg (5.03%), Vitamin E: 0.73mg (4.88%), Vitamin B12: 0.24µg (4.06%), Calcium: 31.06mg (3.11%), Copper: 0.05mg (2.55%)