



Cheesy Chicken Skillet

READY IN



22 min.

SERVINGS



4

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp classic catalina dressing kraft
- 14 oz deluxe macaroni & cheese dinner kraft
- 1 cup milk
- 1 Tbsp oil
- 2 cups peas frozen
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 0.5 tsp thyme leaves dried
- 1 cup water

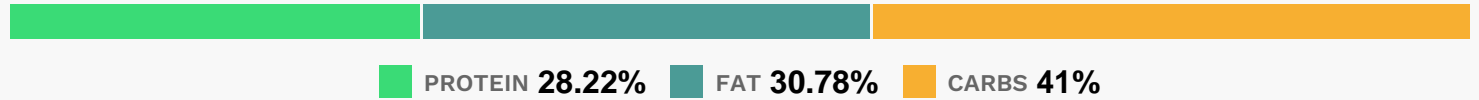
Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add chicken and thyme; mix well. Cook 5 min. or until chicken is browned, stirring frequently.
- Add milk, water and Macaroni; cover. Cook 10 min. or until macaroni is tender, stirring occasionally.
- Stir in Cheese Sauce, peas and dressing. Cook an additional 2 min., stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:47.83, Glycemic Load:33.51, Inflammation Score:-7, Nutrition Score:25.596521999525%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 610.57kcal (30.53%), Fat: 20.68g (31.81%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 61.96g (20.65%), Net Carbohydrates: 57.82g (21.02%), Sugar: 9.16g (10.18%), Cholesterol: 79.89mg (26.63%), Sodium: 1020.16mg (44.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.64g (85.28%), Phosphorus: 766.12mg (76.61%), Vitamin B3: 13.41mg (67.04%), Selenium: 38.75µg (55.36%), Vitamin B6: 1.01mg (50.47%), Manganese: 0.78mg (39.24%), Vitamin C: 30.52mg (37%), Potassium: 884.05mg (25.26%), Calcium: 244.88mg (24.49%), Magnesium: 95.22mg (23.8%), Zinc: 3.1mg (20.7%), Vitamin B1: 0.3mg (19.98%), Vitamin K: 20.89µg (19.89%), Iron: 3.56mg (19.76%), Vitamin B5: 1.92mg (19.19%), Vitamin B2: 0.29mg (17.28%), Fiber: 4.15g (16.59%), Vitamin A: 692.22IU (13.84%), Folate: 51.71µg (12.93%), Vitamin B12: 0.56µg (9.27%), Copper: 0.17mg (8.44%), Vitamin E: 0.95mg (6.35%), Vitamin D: 0.78µg (5.23%)