



Cheesy Chicken & Veggie Mac

READY IN



25 min.

SERVINGS



25

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz vegetables mixed frozen (broccoli, carrots, cauliflower)
- 0.1 tsp garlic powder
- 7.3 oz macaroni & cheese dinner kraft
- 0.3 cup milk
- 1 cup chicken breasts boneless skinless cooked chopped
- 0.3 cup vegetable oil spread

Equipment

- frying pan

sauce pan

Directions

- Cook Macaroni in large saucepan as directed on package, adding vegetables to the boiling water along with the macaroni.
- Drain; return to pan.
- Add Cheese Sauce
- Mix and remaining ingredients; mix well. Cook on low heat 1 to 2 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:6.08, Glycemic Load:2.98, Inflammation Score:-4, Nutrition Score:2.1773913018405%

Nutrients (% of daily need)

Calories: 59.39kcal (2.97%), Fat: 3g (4.61%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 5.05g (1.84%), Sugar: 0.12g (0.13%), Cholesterol: 4.13mg (1.38%), Sodium: 97.61mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin A: 662.79IU (13.26%), Phosphorus: 54.49mg (5.45%), Vitamin B3: 0.77mg (3.85%), Manganese: 0.07mg (3.37%), Vitamin B6: 0.06mg (2.89%), Selenium: 2.02µg (2.88%), Potassium: 67.23mg (1.92%), Calcium: 18.75mg (1.88%), Magnesium: 7.45mg (1.86%), Fiber: 0.46g (1.82%), Iron: 0.3mg (1.67%), Vitamin C: 1.26mg (1.52%), Zinc: 0.2mg (1.35%), Vitamin B1: 0.02mg (1.29%), Vitamin B2: 0.02mg (1.17%), Vitamin B5: 0.12mg (1.15%)