



Cheesy Italian Chicken Mac

READY IN



28 min.

SERVINGS



6

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz canned tomatoes italian-style undrained canned
- 10 oz green beans frozen
- 7.3 oz macaroni & cheese dinner kraft
- 1 tsp oregano leaves dried
- 0.5 cup milk mozzarella cheese shredded 2% kraft
- 1 lb chicken breasts boneless skinless cut into chunks

Equipment

- bowl

frying pan

Directions

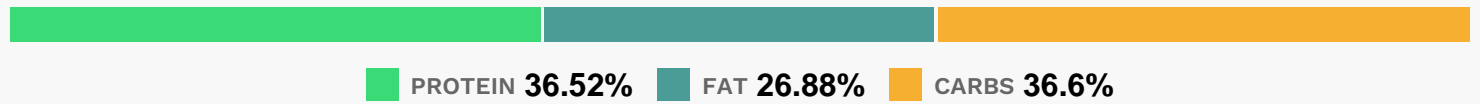
Prepare Dinner as directed on package, using the Light Prep directions.

Meanwhile, cook and stir chicken and oregano in large nonstick skillet sprayed with cooking spray on medium heat 3 min. Stir in tomatoes and beans; cook 5 min. or until chicken is done and mixture is heated through.

Place in large bowl.

Add Dinner; mix lightly. Top with mozzarella.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:12.57, Inflammation Score:-6, Nutrition Score:16.349130423173%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 265.21kcal (13.26%), Fat: 8g (12.31%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 21.85g (7.95%), Sugar: 4.56g (5.07%), Cholesterol: 55.76mg (18.59%), Sodium: 498.84mg (21.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.46g (48.91%), Vitamin B3: 9.06mg (45.32%), Selenium: 26.47µg (37.82%), Vitamin B6: 0.74mg (36.93%), Phosphorus: 365.3mg (36.53%), Vitamin K: 26.05µg (24.81%), Manganese: 0.41mg (20.66%), Potassium: 651.58mg (18.62%), Vitamin C: 12.76mg (15.47%), Magnesium: 59.02mg (14.76%), Calcium: 145.35mg (14.53%), Vitamin B5: 1.38mg (13.83%), Iron: 2.49mg (13.82%), Vitamin A: 559.12IU (11.18%), Vitamin B2: 0.19mg (11.01%), Fiber: 2.66g (10.64%), Zinc: 1.46mg (9.71%), Vitamin B1: 0.14mg (9.34%), Copper: 0.18mg (8.85%), Vitamin E: 1.24mg (8.24%), Folate: 28.58µg (7.14%), Vitamin B12: 0.36µg (6.07%)