



Cheesy Primavera Skillet

 Gluten Free

READY IN



35 min.

SERVINGS



5

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.6 oz velveeta cheesy skillet dinner kit chicken and broccoli
- 1 Tbsp parmesan cheese grated kraft
- 0.5 cup pasilla peppers red chopped
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 2.5 cups water

Equipment

- frying pan

Directions

- Cook and stir chicken and peppers in large skillet on medium heat 10 min. or until chicken is done.
- Add Orzo Pasta, Seasoning and water; stir.
- Bring to boil; simmer on medium-low heat 7 min.
- Add Broccoli; stir. Simmer 3 min.
- Stir in Cheese Sauce; top with Parmesan.

Nutrition Facts

PROTEIN 56.9% **FAT 40.96%** **CARBS 2.14%**

Properties

Glycemic Index:6.4, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:13.30782596443%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 197.17kcal (9.86%), Fat: 8.67g (13.35%), Saturated Fat: 2.4g (14.97%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.63g (0.7%), Cholesterol: 88.81mg (29.6%), Sodium: 157.13mg (6.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.11g (54.23%), Vitamin B3: 12.32mg (61.59%), Selenium: 35.13µg (50.19%), Vitamin B6: 0.86mg (43.16%), Phosphorus: 259.29mg (25.93%), Vitamin C: 20.8mg (25.21%), Vitamin B5: 1.71mg (17.06%), Potassium: 444.24mg (12.69%), Vitamin A: 558.17IU (11.16%), Vitamin B2: 0.15mg (9.1%), Magnesium: 34.88mg (8.72%), Zinc: 1.14mg (7.6%), Vitamin B1: 0.09mg (6.02%), Vitamin B12: 0.32µg (5.31%), Iron: 0.76mg (4.24%), Vitamin E: 0.53mg (3.55%), Copper: 0.07mg (3.27%), Folate: 12.93µg (3.23%), Calcium: 22.35mg (2.24%), Manganese: 0.04mg (1.94%), Vitamin K: 1.53µg (1.45%), Fiber: 0.31g (1.25%), Vitamin D: 0.18µg (1.17%)