



## Cheesy Texan Skillet

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10 oz canned tomatoes diced green undrained canned
- 0.5 cup knudsen cream sour
- 0.5 cup cheddar cheese shredded kraft
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 12 oz velveeta shells & cheese dinner

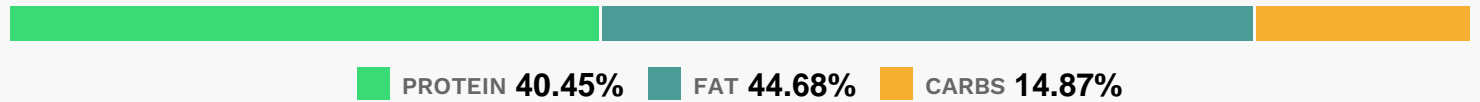
## Equipment

- frying pan

## Directions

- Drain tomatoes, reserving liquid.
- Add enough water to reserved liquid to measure 1-3/4 cups. Cook chicken in large skillet sprayed with cooking spray on medium-high heat 5 min. or until done, stirring occasionally.
- Add Shell Macaroni, tomatoes and tomato liquid; stir. Bring to boil; cover. Simmer on medium-low heat 9 to 10 min. or until macaroni is tender.
- Remove from heat.
- Stir in Cheese Sauce and sour cream until well blended. Top with shredded cheese; let stand, covered, 1 to 2 min. or until melted.

## Nutrition Facts



## Properties

Glycemic Index:16.25, Glycemic Load:1.54, Inflammation Score:-7, Nutrition Score:24.812174045521%

## Nutrients (% of daily need)

Calories: 455.32kcal (22.77%), Fat: 22.53g (34.66%), Saturated Fat: 12.33g (77.03%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 15.53g (5.65%), Sugar: 11.37g (12.64%), Cholesterol: 139.38mg (46.46%), Sodium: 1675.26mg (72.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.9g (91.8%), Phosphorus: 1218.26mg (121.83%), Calcium: 646.85mg (64.68%), Vitamin B3: 12.73mg (63.64%), Selenium: 41.77µg (59.68%), Vitamin B6: 0.98mg (48.86%), Vitamin B2: 0.81mg (47.86%), Potassium: 967.46mg (27.64%), Vitamin A: 1342.22IU (26.84%), Zinc: 3.58mg (23.87%), Vitamin B5: 1.97mg (19.68%), Magnesium: 50.35mg (12.59%), Vitamin C: 8.23mg (9.97%), Vitamin B1: 0.14mg (9.04%), Vitamin E: 1.32mg (8.78%), Copper: 0.17mg (8.51%), Iron: 1.5mg (8.35%), Manganese: 0.15mg (7.56%), Vitamin B12: 0.44µg (7.28%), Fiber: 1.35g (5.39%), Folate: 18.44µg (4.61%), Vitamin K: 4.75µg (4.53%), Vitamin D: 0.2µg (1.32%)