



Chicken and Broccoli Mac & Cheese

READY IN



25 min.

SERVINGS



25

CALORIES



38 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup broccoli florets cooked
- 1 cup meat from a rotisserie chicken cooked chopped
- 4 singles chopped kraft
- 7.3 oz macaroni & cheese dinner kraft

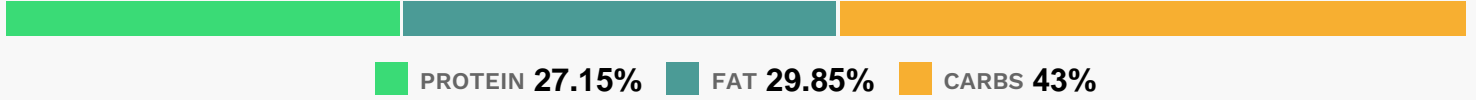
Equipment

- sauce pan

Directions

- Prepare Dinner in large saucepan as directed on package.
- Stir in remaining ingredients.
- Cook on low heat 5 min. or until Singles are melted and mixture is heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:3.84, Glycemic Load:2.5, Inflammation Score:-1, Nutrition Score:1.3647825847501%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 38.29kcal (1.91%), Fat: 1.26g (1.94%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 4g (1.46%), Sugar: 0.07g (0.08%), Cholesterol: 4.23mg (1.41%), Sodium: 70.45mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Phosphorus: 46.78mg (4.68%), Vitamin C: 3.25mg (3.94%), Vitamin K: 3.71µg (3.54%), Manganese: 0.05mg (2.36%), Vitamin B3: 0.46mg (2.32%), Selenium: 1.47µg (2.1%), Calcium: 15.44mg (1.54%), Iron: 0.26mg (1.47%), Vitamin B6: 0.03mg (1.47%), Zinc: 0.21mg (1.41%), Magnesium: 4.74mg (1.18%), Potassium: 40.9mg (1.17%)