



Chicken Broccoli Supper

READY IN



65 min.

SERVINGS



2

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups broccoli florets frozen
- 0.8 cup chicken broth
- 10 ounces cream of chicken soup undiluted canned
- 0.5 cup elbow macaroni uncooked
- 0.3 teaspoon garlic powder
- 0.3 teaspoon pepper
- 0.5 cup cheddar cheese shredded
- 0.5 pound chicken breast boneless skinless cubed

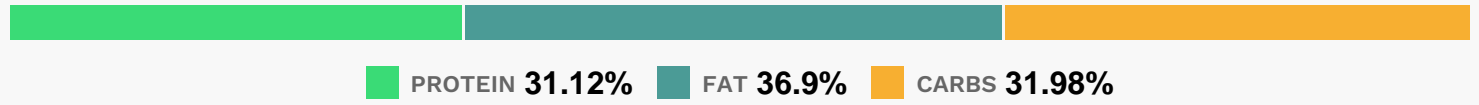
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- In a large bowl, combine the chicken, broccoli, macaroni and cheese.
- Whisk the soup, broth, garlic powder and pepper; stir into chicken mixture.
- Transfer to a greased 1-1/2-qt. baking dish.
- Bake, uncovered, at 350° for 30 minutes. Stir; bake 25-30 minutes longer or until chicken is no longer pink and macaroni is tender.
- Let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:5.48, Inflammation Score:-8, Nutrition Score:31.150869851527%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 532.32kcal (26.62%), Fat: 21.7g (33.38%), Saturated Fat: 8.66g (54.14%), Carbohydrates: 42.33g (14.11%), Net Carbohydrates: 39.33g (14.3%), Sugar: 3.34g (3.71%), Cholesterol: 113.93mg (37.98%), Sodium: 1663.21mg (72.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.17g (82.34%), Selenium: 71.26µg (101.79%), Vitamin C: 62.39mg (75.62%), Vitamin K: 76.78µg (73.12%), Vitamin B3: 13.63mg (68.14%), Phosphorus: 528.13mg (52.81%), Vitamin B6: 1.04mg (52.25%), Manganese: 0.66mg (32.83%), Calcium: 269.6mg (26.96%), Vitamin B2: 0.46mg (26.88%), Vitamin B5: 2.56mg (25.61%), Potassium: 828.16mg (23.66%), Vitamin A: 1003.39IU (20.07%), Zinc: 2.95mg (19.7%), Magnesium: 77.26mg (19.32%), Copper: 0.37mg (18.73%), Iron: 3.03mg (16.82%), Folate: 62.82µg

(15.7%), Vitamin B1: 0.2mg (13.3%), Vitamin E: 1.8mg (12.03%), Fiber: 2.99g (11.97%), Vitamin B12: 0.54µg (9.06%),
Vitamin D: 0.28µg (1.89%)