



Chicken Mac

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 oz canned tomatoes diced undrained canned
- 0.5 cup parsley fresh chopped
- 2 green onions sliced
- 14 oz deluxe macaroni & cheese dinner kraft
- 1 Tbsp oil
- 1 lb chicken thighs boneless skinless

Equipment

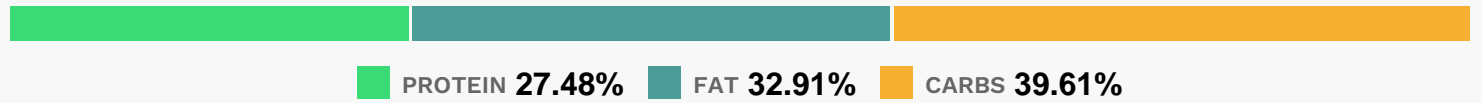
- frying pan

sauce pan

Directions

- Heat oil in medium skillet on medium-high heat.
- Add chicken. Cook 7 minutes on each side or until cooked through.
- Meanwhile, prepare Dinner as directed on package, substituting large skillet for the saucepan.
- Add tomatoes, onions and parsley to prepared dinner; mix lightly. Top with chicken.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:29.79, Inflammation Score:-7, Nutrition Score:23.006087095841%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 519.38kcal (25.97%), Fat: 18.95g (29.16%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 51.32g (17.11%), Net Carbohydrates: 49.89g (18.14%), Sugar: 2.65g (2.94%), Cholesterol: 107.73mg (35.91%), Sodium: 1013.09mg (44.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.61g (71.21%), Vitamin K: 144.18µg (137.32%), Phosphorus: 626.11mg (62.61%), Selenium: 25.77µg (36.82%), Vitamin B3: 7.19mg (35.97%), Vitamin B6: 0.63mg (31.46%), Manganese: 0.59mg (29.26%), Iron: 4.51mg (25.07%), Vitamin C: 20.66mg (25.04%), Zinc: 3.26mg (21.74%), Potassium: 724.61mg (20.7%), Calcium: 200.61mg (20.06%), Magnesium: 76.07mg (19.02%), Vitamin A: 839.07IU (16.78%), Vitamin B2: 0.27mg (15.85%), Vitamin B5: 1.52mg (15.17%), Vitamin B12: 0.73µg (12.1%), Vitamin E: 1.6mg (10.7%), Vitamin B1: 0.16mg (10.54%), Copper: 0.15mg (7.53%), Folate: 28µg (7%), Fiber: 1.43g (5.72%)