



Chicken & Veggie Mac

READY IN



20 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup milk fat-free
- 10 oz vegetables mixed frozen (broccoli, carrots and cauliflower)
- 0.1 tsp garlic powder
- 7.3 oz macaroni & cheese dinner kraft
- 1 cup chicken breasts boneless skinless cooked chopped
- 2 tsp butter unsalted

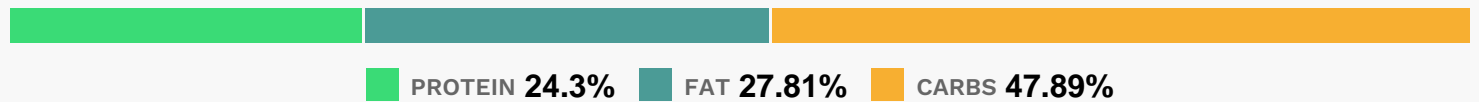
Equipment

- sauce pan

Directions

- Cook Macaroni in large saucepan as directed on package, adding vegetables to the boiling water along with the macaroni; drain. Return macaroni mixture to saucepan.
- Add Cheese Sauce
- Mix and remaining ingredients; mix well. Cook on low heat 1 to 2 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:36.81, Glycemic Load:18.61, Inflammation Score:-9, Nutrition Score:13.087391272187%

Nutrients (% of daily need)

Calories: 283.18kcal (14.16%), Fat: 8.86g (13.64%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 34.34g (11.45%), Net Carbohydrates: 31.49g (11.45%), Sugar: 0.78g (0.86%), Cholesterol: 29.83mg (9.94%), Sodium: 477.02mg (20.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.42g (34.85%), Vitamin A: 3703.93IU (74.08%), Phosphorus: 338.86mg (33.89%), Vitamin B3: 4.82mg (24.09%), Manganese: 0.42mg (21.08%), Selenium: 12.64µg (18.05%), Vitamin B6: 0.36mg (17.97%), Potassium: 417.56mg (11.93%), Magnesium: 46.19mg (11.55%), Calcium: 114.99mg (11.5%), Fiber: 2.84g (11.37%), Iron: 1.88mg (10.45%), Vitamin C: 7.82mg (9.48%), Zinc: 1.28mg (8.52%), Vitamin B1: 0.12mg (7.97%), Vitamin B5: 0.71mg (7.08%), Vitamin B2: 0.12mg (6.99%), Folate: 22.48µg (5.62%), Copper: 0.08mg (3.86%), Vitamin B12: 0.17µg (2.8%), Vitamin D: 0.24µg (1.62%)