



Creamy Chicken Broccoli Stuffed Potato

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



97 kcal

SIDE DISH

Ingredients

- 6 large baking potatoes split
- 10 oz broccoli frozen thawed drained chopped
- 0.3 cup miracle whip dressing
- 1 lb chicken breasts boneless skinless cut into bite-sized pieces
- 8 oz velveeta®
- 8 oz velveeta®

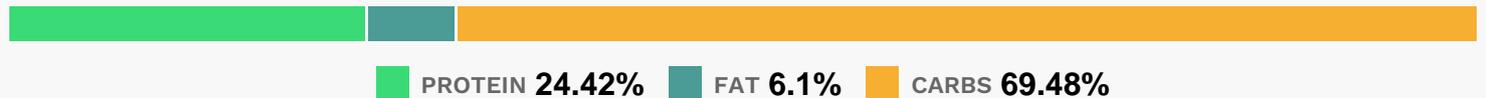
Equipment

- frying pan

Directions

- Heat dressing in large skillet on medium-high heat.
- Add chicken; cook 8 minutes or until chicken is cooked through, stirring occasionally.
- Add broccoli; cook and stir until tender.
- Stir in VELVEETA. Reduce heat to low; cook until VELVEETA is completely melted, stirring frequently. Spoon over hot potatoes.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:12.73, Inflammation Score:-3, Nutrition Score:6.9843477473959%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 97.36kcal (4.87%), Fat: 0.67g (1.04%), Saturated Fat: 0.16g (1%), Carbohydrates: 17.28g (5.76%), Net Carbohydrates: 15.77g (5.74%), Sugar: 1.09g (1.21%), Cholesterol: 11.92mg (3.97%), Sodium: 56.01mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.15%), Vitamin B6: 0.46mg (23.06%), Vitamin C: 15.38mg (18.64%), Vitamin B3: 2.88mg (14.41%), Potassium: 473.93mg (13.54%), Vitamin K: 13.2µg (12.57%), Phosphorus: 94.46mg (9.45%), Selenium: 6.44µg (9.21%), Manganese: 0.17mg (8.28%), Magnesium: 27.47mg (6.87%), Vitamin B1: 0.09mg (6.15%), Fiber: 1.51g (6.04%), Vitamin B5: 0.59mg (5.9%), Iron: 0.92mg (5.09%), Copper: 0.1mg (5.08%), Folate: 20.27µg (5.07%), Vitamin B2: 0.06mg (3.57%), Zinc: 0.41mg (2.72%), Calcium: 17.95mg (1.8%), Vitamin A: 79.32IU (1.59%)