



Creamy Chicken Macaroni

READY IN



30 min.

SERVINGS



4

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups broccoli florets
- 0.5 cup knudsen cream sour
- 7.3 oz macaroni & cheese dinner kraft
- 1 Tbsp oil
- 0.3 cup onions chopped
- 1 tsp paprika
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 2 cups water

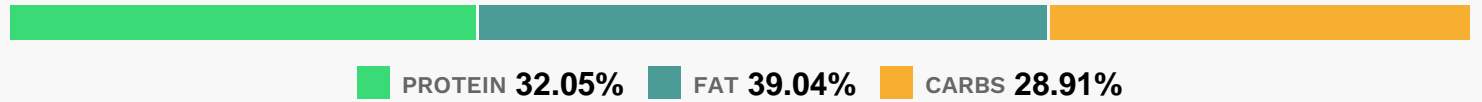
Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add chicken and onions; cook and stir 5 min.
- Add paprika; cook and stir 1 min.
- Stir in water, broccoli and Macaroni; bring to boil. Reduce heat to medium-low; cover. Simmer 10 min. or until macaroni is tender and chicken is cooked through, stirring occasionally.
- Add Cheese Sauce
- Mix and sour cream; stir until well blended. Cook 2 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:16.16, Inflammation Score:-7, Nutrition Score:21.593478296114%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 409.85kcal (20.49%), Fat: 17.75g (27.31%), Saturated Fat: 3.87g (24.2%), Carbohydrates: 29.57g (9.86%), Net Carbohydrates: 28.02g (10.19%), Sugar: 2.24g (2.49%), Cholesterol: 89.54mg (29.85%), Sodium: 555.77mg (24.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.79g (65.58%), Vitamin B3: 12.21mg (61.07%), Selenium: 38.57µg (55.11%), Vitamin C: 42.95mg (52.06%), Phosphorus: 495.63mg (49.56%), Vitamin B6: 0.97mg (48.25%), Vitamin K: 50.07µg (47.68%), Potassium: 728.23mg (20.81%), Vitamin B5: 2mg (20%), Manganese: 0.38mg (18.96%), Magnesium: 62.59mg (15.65%), Vitamin A: 780.01IU (15.6%), Calcium: 137.76mg (13.78%), Vitamin B2: 0.22mg (13.22%), Zinc: 1.66mg (11.07%), Iron: 1.98mg (10.99%), Vitamin E: 1.46mg (9.74%), Folate: 37.11µg (9.28%), Vitamin B1: 0.12mg (7.81%), Fiber: 1.55g (6.21%), Vitamin B12: 0.29µg (4.79%), Copper: 0.09mg (4.25%)