



Crispy Chicken with Macaroni & Cheese Dinner

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups green beans fresh cut
- 14 oz deluxe macaroni & cheese dinner kraft
- 1.5 lb chicken breasts boneless skinless
- 1 pkt. shake 'n bake chicken coating mix

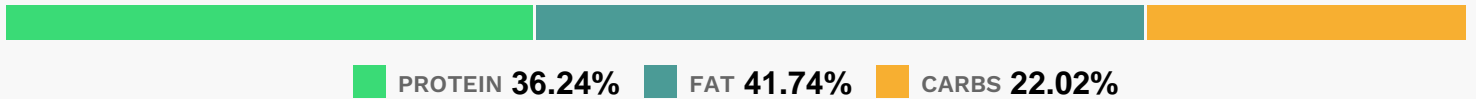
Equipment

- oven

Directions

- Heat oven 400F.
- Coat chicken with coating mix and bake as directed on package.
- Meanwhile, prepare Dinner as directed on package. About 5 min. before Macaroni is done, cook the beans.
- Serve chicken with Dinner and beans.

Nutrition Facts



Properties

Glycemic Index:4.4, Glycemic Load:5, Inflammation Score:-2, Nutrition Score:6.2273912455725%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 153.65kcal (7.68%), Fat: 7.02g (10.79%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 7.97g (2.9%), Sugar: 0.43g (0.48%), Cholesterol: 40.27mg (13.42%), Sodium: 175.3mg (7.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.42%), Vitamin B3: 5.01mg (25.04%), Selenium: 13.18µg (18.82%), Phosphorus: 169.03mg (16.9%), Vitamin B6: 0.33mg (16.46%), Vitamin B5: 0.69mg (6.95%), Potassium: 217.41mg (6.21%), Vitamin K: 6.19µg (5.89%), Manganese: 0.11mg (5.65%), Magnesium: 21.87mg (5.47%), Zinc: 0.8mg (5.3%), Iron: 0.84mg (4.66%), Vitamin B2: 0.08mg (4.56%), Calcium: 32.62mg (3.26%), Vitamin B1: 0.05mg (3.1%), Vitamin C: 2.42mg (2.94%), Vitamin A: 141.9IU (2.84%), Vitamin B12: 0.15µg (2.48%), Folate: 7.27µg (1.82%), Copper: 0.03mg (1.55%), Fiber: 0.36g (1.43%), Vitamin E: 0.2mg (1.31%)