



Double-Cheese Chicken and Vegetables

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 oz rotini pasta uncooked
- 12 oz broccoli frozen
- 1 cup rotisserie chicken cut chopped (from)
- 4 oz processed cheese food shredded

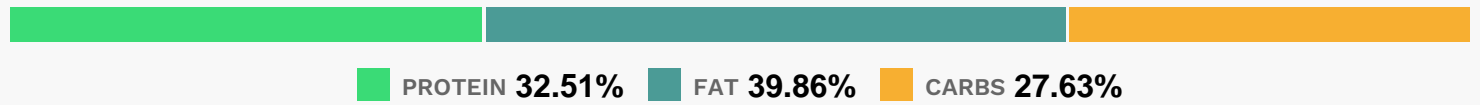
Equipment

- sauce pan
- plastic wrap
- microwave

Directions

- In 3-quart saucepan, cook and drain pasta as directed on package. Return to saucepan.
- Meanwhile, in 2-quart microwavable casserole, place frozen vegetables and cheese sauce. Loosely cover with microwavable plastic wrap. Microwave on High 8 to 10 minutes, stirring twice, until cheese sauce melts and vegetables are just crisp-tender.
- Stir vegetables, chicken and cheese into pasta. Cover; cook over low heat 2 to 3 minutes or until cheese is melted. Stir gently.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:7.77, Inflammation Score:-7, Nutrition Score:18.305217177972%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 321.81kcal (16.09%), Fat: 14.48g (22.28%), Saturated Fat: 6.56g (40.99%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 19.69g (7.16%), Sugar: 2.66g (2.96%), Cholesterol: 85.13mg (28.38%), Sodium: 708.3mg (30.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.58g (53.15%), Vitamin C: 75.86mg (91.96%), Vitamin K: 87.51µg (83.34%), Calcium: 340.69mg (34.07%), Selenium: 21.29µg (30.41%), Phosphorus: 278.04mg (27.8%), Manganese: 0.39mg (19.26%), Vitamin A: 797.76IU (15.96%), Folate: 59.68µg (14.92%), Fiber: 2.89g (11.57%), Vitamin B2: 0.18mg (10.51%), Potassium: 353.59mg (10.1%), Vitamin B6: 0.19mg (9.72%), Magnesium: 36.5mg (9.13%), Zinc: 1.35mg (9.03%), Vitamin B12: 0.43µg (7.09%), Vitamin B5: 0.69mg (6.93%), Vitamin E: 0.91mg (6.09%), Iron: 1.08mg (5.98%), Copper: 0.12mg (5.81%), Vitamin B1: 0.08mg (5.58%), Vitamin B3: 0.93mg (4.63%), Vitamin D: 0.17µg (1.13%)