



Double-Cheese Chicken and Vegetables

READY IN



30 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

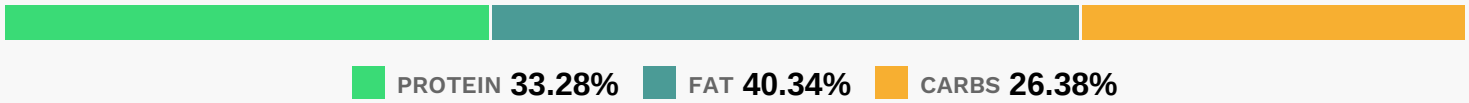
Equipment

- ☐ 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:7.67, Inflammation Score:-7, Nutrition Score:17.956087024316%

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: 332.3kcal (16.61%), Fat: 15.11g (23.24%), Saturated Fat: 6.88g (43.02%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 19.33g (7.03%), Sugar: 2.12g (2.35%), Cholesterol: 85.13mg (28.38%), Sodium: 419.99mg (18.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.04g (56.08%), Vitamin C: 75.86mg (91.96%), Vitamin K: 87.45µg (83.29%), Selenium: 23.59µg (33.7%), Calcium: 244.87mg (24.49%), Phosphorus: 226.16mg (22.62%), Manganese: 0.38mg (18.82%), Vitamin A: 813.91IU (16.28%), Folate: 63.36µg (15.84%), Vitamin B2: 0.24mg (13.96%), Fiber: 2.89g (11.57%), Zinc: 1.69mg (11.26%), Vitamin B6: 0.2mg (9.93%), Potassium: 338mg (9.66%), Magnesium: 36.78mg (9.2%), Vitamin B5: 0.7mg (6.96%), Vitamin E: 0.9mg (6%), Vitamin B1: 0.09mg (5.85%), Copper: 0.11mg (5.62%), Iron: 0.94mg (5.24%), Vitamin B12: 0.3µg (5.01%), Vitamin B3: 0.92mg (4.6%), Vitamin D: 0.17µg (1.13%)