



Easy Chicken Spaghetti

READY IN



25 min.

SERVINGS



25

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups broccoli fresh chopped
- 10 oz cream of mushroom soup canned
- 0.5 cup milk
- 1.3 lb chicken breasts boneless skinless cut into strips
- 8 oz pasta like spaghetti uncooked
- 8 oz velveeta®
- 8 oz velveeta®

Equipment

frying pan

sauce pan

Directions

Cook pasta in large saucepan as directed on package, adding broccoli to the cooking water for the last 5 minutes of the pasta cooking time; drain. Cover to keep warm.

Spray large skillet with cooking spray.

Add chicken; cook and stir 4 to 5 minutes on medium-high heat or until chicken is cooked through.

Add VELVEETA, soup and milk; mix well. Reduce heat to low; cook until VELVEETA is completely melted, stirring frequently.

Add pasta; toss to coat.

Nutrition Facts



PROTEIN 39.1% **FAT 15.08%** **CARBS 45.82%**

Properties

Glycemic Index:4.48, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:4.5982609313467%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 71.75kcal (3.59%), Fat: 1.18g (1.81%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 7.56g (2.75%), Sugar: 0.6g (0.66%), Cholesterol: 15.67mg (5.22%), Sodium: 111.43mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.76%), Selenium: 13.26µg (18.94%), Vitamin B3: 2.67mg (13.36%), Vitamin B6: 0.2mg (10.13%), Vitamin C: 6.55mg (7.94%), Phosphorus: 77.64mg (7.76%), Vitamin K: 7.25µg (6.9%), Manganese: 0.14mg (6.78%), Vitamin B5: 0.44mg (4.42%), Potassium: 148mg (4.23%), Magnesium: 13.56mg (3.39%), Vitamin B2: 0.05mg (2.94%), Copper: 0.06mg (2.93%), Zinc: 0.43mg (2.89%), Vitamin B1: 0.03mg (2.18%), Fiber: 0.5g (1.98%), Folate: 7.77µg (1.94%), Iron: 0.33mg (1.85%), Vitamin B12: 0.09µg (1.5%), Calcium: 12.8mg (1.28%), Vitamin A: 58.57IU (1.17%)