



## Extra-Cheesy Chicken and Noodles

READY IN



25 min.

SERVINGS



25

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 7.3 oz macaroni & cheese dinner kraft
- 1 cup cheddar cheese shredded divided kraft
- 1 lb chicken breasts boneless skinless
- 2 cups vegetable blend frozen thawed drained (broccoli, carrots, green beans)
- 2 cups water

### Equipment

- frying pan

## Directions

- Cook chicken in large skillet sprayed with cooking spray on medium-high heat 2 min. on each side or until browned on both sides. Move chicken to edge of skillet.
- Add vegetables, Macaroni, Cheese Sauce
- Mix, water and 1/2 cup cheddar to center of skillet; stir. Bring to boil; cover. Simmer on medium-low heat 12 min. or until chicken is done (165F), stirring macaroni mixture occasionally.
- Remove from heat.
- Remove chicken from skillet. Stir macaroni mixture; spread to evenly cover bottom of skillet. Top with chicken and remaining cheddar; cover.
- Let stand 5 min.

## Nutrition Facts



## Properties

Glycemic Index:5.44, Glycemic Load:3.1, Inflammation Score:-5, Nutrition Score:3.986956520573%

## Nutrients (% of daily need)

Calories: 75.9kcal (3.8%), Fat: 2.96g (4.55%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 5.32g (1.94%), Sugar: 0.01g (0.02%), Cholesterol: 16.13mg (5.38%), Sodium: 121.37mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.87%), Vitamin A: 790.09IU (15.8%), Vitamin B3: 2.08mg (10.39%), Selenium: 7.14µg (10.2%), Phosphorus: 99.54mg (9.95%), Vitamin B6: 0.15mg (7.65%), Calcium: 48.99mg (4.9%), Manganese: 0.08mg (3.87%), Potassium: 117.68mg (3.36%), Magnesium: 12.42mg (3.1%), Vitamin B5: 0.3mg (3.01%), Zinc: 0.45mg (2.97%), Vitamin B2: 0.05mg (2.97%), Fiber: 0.58g (2.33%), Iron: 0.38mg (2.13%), Vitamin C: 1.73mg (2.1%), Vitamin B1: 0.03mg (2.05%), Folate: 5.9µg (1.47%), Vitamin B12: 0.08µg (1.4%), Copper: 0.02mg (1.15%)