



Mac and Cheddar Cheese with Chicken and Broccoli

READY IN



35 min.

SERVINGS



6

CALORIES



810 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 cups broccoli florets raw
- 3 tablespoons butter
- 0.5 teaspoon cayenne pepper
- 1 pound chicken breast tenders chopped
- 1 cup chicken stock see
- 1 pound cavatapi corkscrew shaped pasta twists
- 1 tablespoon dijon mustard prepared
- 3 tablespoons flour all-purpose

- 2 tablespoons olive oil extra-virgin
- 1 small onion chopped
- 1 teaspoon paprika
- 6 servings salt and pepper
- 3 cups sharp cheddar yellow
- 3 cups milk whole

Equipment

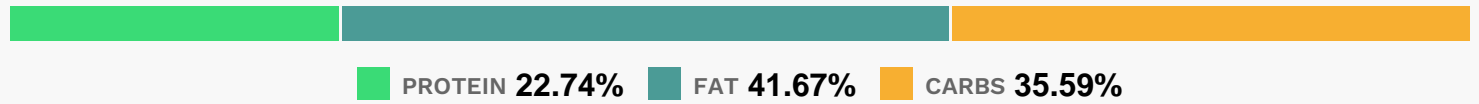
- frying pan
- whisk
- pot

Directions

- Watch how to make this recipe.
- Place a pot of water on to boil for macaroni.
- Heat a medium pan over medium to medium high heat.
- Add extra-virgin olive oil and chicken and season with salt and pepper.
- Saute a couple of minutes then add onion and cook another 5 to 7 minutes until onions are tender and chicken is cooked through. Turn off heat and reserve.
- To boiling pasta water, add pasta and salt to season the cooking water. Cook 5 minutes, then add broccoli and cook 3 minutes more or until pasta is cooked to al dente and florets are just tender.
- While pasta cooks, heat a medium sauce pot over medium heat.
- Add butter and melt, then add flour, cayenne and paprika and whisk together over heat until roux bubbles then cook a minute more.
- Whisk in milk and stock and raise heat a little to bring sauce to a quick boil. Simmer sauce to thicken about 5 minutes.
- Drain macaroni or pasta and broccoli florets.
- Add back to pot and add chicken to the pasta and broccoli.

- Add cheese to milk sauce and stir to melt it in, about a minute or so. Stir in mustard and season sauce with salt and pepper.
- Pour sauce over chicken and broccoli and cooked pasta and stir to combine. Adjust seasonings, transfer to a large serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:61.67, Glycemic Load:28.07, Inflammation Score:-8, Nutrition Score:32.891739140386%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 3.05mg, Kaempferol: 3.05mg, Kaempferol: 3.05mg, Kaempferol: 3.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 810.42kcal (40.52%), Fat: 37.38g (57.51%), Saturated Fat: 18.2g (113.74%), Carbohydrates: 71.82g (23.94%), Net Carbohydrates: 67.84g (24.67%), Sugar: 9.95g (11.05%), Cholesterol: 135.77mg (45.26%), Sodium: 845.02mg (36.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.9g (91.8%), Selenium: 94.39µg (134.84%), Phosphorus: 732.8mg (73.28%), Calcium: 595.87mg (59.59%), Vitamin B3: 10.5mg (52.51%), Vitamin B6: 0.91mg (45.33%), Vitamin C: 35.81mg (43.41%), Manganese: 0.85mg (42.75%), Vitamin K: 44.5µg (42.38%), Vitamin B2: 0.65mg (38.13%), Zinc: 4.38mg (29.18%), Vitamin A: 1434.34IU (28.69%), Magnesium: 103.36mg (25.84%), Potassium: 874.14mg (24.98%), Vitamin B12: 1.42µg (23.68%), Vitamin B5: 2.36mg (23.63%), Vitamin B1: 0.28mg (18.9%), Folate: 64.19µg (16.05%), Fiber: 3.97g (15.89%), Copper: 0.31mg (15.69%), Vitamin E: 2.01mg (13.42%), Vitamin D: 1.76µg (11.71%), Iron: 2.06mg (11.47%)