



Mac and Cheese with Chicken and Broccoli

READY IN



45 min.

SERVINGS



6

CALORIES



1131 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons flour
- ☐ 2 heads broccoli cut into florets (5 cups)
- ☐ 4 ounces cheddar cheese grated
- ☐ 1 pound shell pasta cooked
- ☐ 4 ounces fontina grated
- ☐ 0.5 bunch chives fresh chopped
- ☐ 6 servings olive oil (for brushing)
- ☐ 1 pound chicken breast boneless skinless
- ☐ 2 tablespoons butter unsalted ()

☐ 4 cups whipping cream

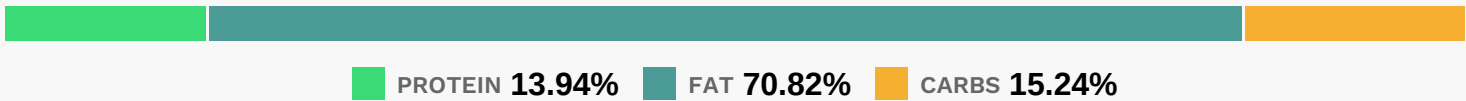
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ grill

Directions

- ☐ Prepare barbecue (medium heat).
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Brush both sides with olive oil. Grill until cooked through, about 6 minutes per side. Dice chicken and set aside. Cook broccoli in medium pot of boiling salted water until crisp-tender, about 3 minutes. Set aside.
- ☐ Melt butter in heavy large saucepan over medium heat.
- ☐ Add flour and cook 2 minutes, stirring constantly. Gradually mix in cream. Bring to boil, reduce heat, and simmer 10 minutes, stirring frequently.
- ☐ Add both cheeses and stir until sauce is smooth. Season to taste with salt and pepper.
- ☐ Add pasta, chicken, and broccoli to sauce; mix well.
- ☐ Garnish with chives and serve.

Nutrition Facts



Properties

Glycemic Index:42.42, Glycemic Load:14.86, Inflammation Score:-10, Nutrition Score:41.239130517711%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 15.92mg, Kaempferol: 15.92mg, Kaempferol: 15.92mg, Kaempferol: 15.92mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 1131.05kcal (56.55%), Fat: 90.81g (139.7%), Saturated Fat: 48.88g (305.48%), Carbohydrates: 43.97g (14.66%), Net Carbohydrates: 37.27g (13.55%), Sugar: 8.87g (9.86%), Cholesterol: 278.53mg (92.84%), Sodium: 473.83mg (20.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.21g (80.41%), Vitamin C: 182.83mg (221.61%), Vitamin K: 222.37µg (211.78%), Selenium: 62.96µg (89.95%), Vitamin A: 4110.75IU (82.22%), Phosphorus: 584.36mg (58.44%), Vitamin B6: 1.04mg (52.2%), Vitamin B3: 9.77mg (48.87%), Calcium: 448.56mg (44.86%), Vitamin B2: 0.76mg (44.84%), Folate: 152.51µg (38.13%), Vitamin E: 5.55mg (36.99%), Manganese: 0.7mg (35.25%), Potassium: 1135.71mg (32.45%), Vitamin B5: 2.9mg (29.04%), Fiber: 6.71g (26.82%), Magnesium: 95.46mg (23.87%), Zinc: 3.41mg (22.76%), Vitamin D: 2.91µg (19.41%), Vitamin B1: 0.27mg (17.91%), Iron: 3.16mg (17.55%), Vitamin B12: 0.93µg (15.51%), Copper: 0.23mg (11.43%)