






 **40%**
HEALTH SCORE

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.

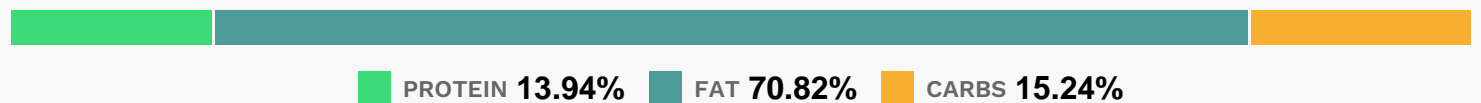
Add flour and cook 2 minutes, stirring constantly. Gradually mix in cream. Bring to boil, reduce heat, and simmer 10 minutes, stirring frequently.

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%)