



Macaroni and Cheese with Chicken and Broccoli

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



49 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

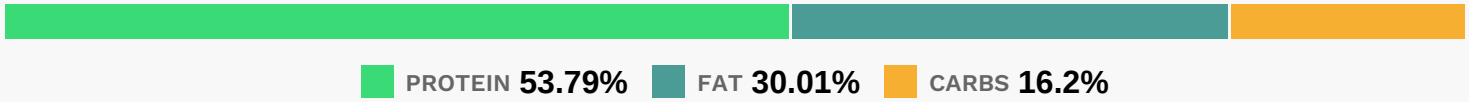
- ☐ 4 cups broccoli florets
- ☐ 2 cups roasted chicken shredded

Equipment

Directions

- ☐
- Follow recipe for Creamy Macaroni and Cheese, adding broccoli to the boiling pasta during the last 3 minutes of cooking.
- ☐
- Drain, then proceed to make the cheese sauce as directed. Stir chicken, tomatoes and basil along with the sauce into the hot pasta.
- ☐
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:6.1143477844155%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 49.28kcal (2.46%), Fat: 1.66g (2.55%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.52g (0.57%), Cholesterol: 17.5mg (5.83%), Sodium: 27.51mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.38%), Vitamin C: 27.06mg (32.8%), Vitamin K: 30.94µg (29.47%), Vitamin B3: 2.03mg (10.16%), Selenium: 6.5µg (9.28%), Vitamin B6: 0.15mg (7.44%), Phosphorus: 64.82mg (6.48%), Folate: 20.28µg (5.07%), Potassium: 149.29mg (4.27%), Vitamin B2: 0.07mg (4.11%), Vitamin B5: 0.4mg (4.01%), Vitamin A: 198.54IU (3.97%), Manganese: 0.07mg (3.38%), Zinc: 0.48mg (3.19%), Fiber: 0.79g (3.15%), Magnesium: 11.27mg (2.82%), Iron: 0.5mg (2.8%), Vitamin B1: 0.04mg (2.4%), Calcium: 17.06mg (1.71%), Vitamin E: 0.24mg (1.58%), Copper: 0.03mg (1.41%), Vitamin B12: 0.07µg (1.13%)