



Salsa Mac Chicken Supper

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz baby carrots
- 1 tsp chili powder
- 14 oz deluxe macaroni & cheese dinner made 2% with milk cheese kraft
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 lb chicken breasts boneless skinless

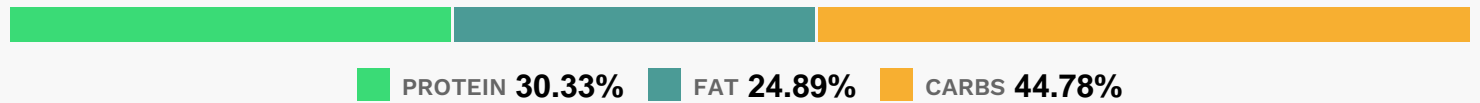
Equipment

- frying pan

Directions

- Prepare Dinner as directed on package.
- Meanwhile, sprinkle chili powder over chicken; place, seasoned–sides down, in large nonstick skillet sprayed with cooking spray. Cook on medium–high heat 3 min.; turn.
- Top with carrots and salsa; cover. Simmer on medium–low heat 10 to 12 min. or until chicken is done (165F) and carrots are tender.
- Serve with prepared Dinner.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:5.93, Inflammation Score:-9, Nutrition Score:6.0656522318073%

Nutrients (% of daily need)

Calories: 100.36kcal (5.02%), Fat: 2.76g (4.24%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 11.17g (3.72%), Net Carbohydrates: 10.51g (3.82%), Sugar: 1.07g (1.19%), Cholesterol: 14.52mg (4.84%), Sodium: 236.44mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.12%), Vitamin A: 2423.67IU (48.47%), Phosphorus: 132.47mg (13.25%), Vitamin B3: 2.55mg (12.74%), Selenium: 7.5µg (10.71%), Vitamin B6: 0.2mg (10.1%), Manganese: 0.13mg (6.6%), Potassium: 182.72mg (5.22%), Vitamin B5: 0.41mg (4.06%), Magnesium: 15.52mg (3.88%), Iron: 0.7mg (3.87%), Calcium: 37.62mg (3.76%), Zinc: 0.44mg (2.91%), Fiber: 0.66g (2.63%), Vitamin K: 2.06µg (1.96%), Vitamin B2: 0.03mg (1.89%), Vitamin B1: 0.02mg (1.48%), Folate: 5.8µg (1.45%), Copper: 0.03mg (1.44%), Vitamin E: 0.17mg (1.16%), Vitamin C: 0.84mg (1.02%)