



Spicy Chicken Mac Skillet

READY IN



30 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz canned tomatoes diced drained canned
- 14 oz canned tomatoes diced green drained canned
- 0.5 cup four cheese shredded mexican style kraft finely
- 10 oz cream of chicken soup canned
- 7.3 oz macaroni & cheese dinner kraft
- 1 Tbsp olive oil
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

Equipment

frying pan

Directions

Prepare Dinner as directed on package.

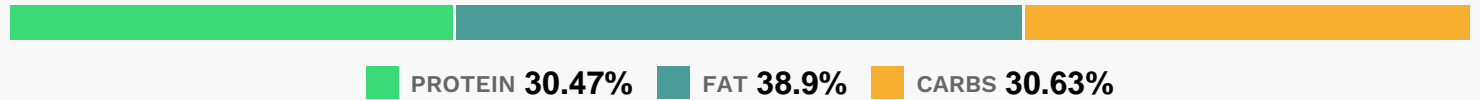
Meanwhile, heat oil in large skillet on medium-high heat.

Add chicken; cook and stir 5 min. or until lightly browned. Stir in tomatoes and soup; cook on medium heat 5 min. or until chicken is done, stirring occasionally.

Add Dinner; stir until blended.

Sprinkle with cheese; cover. Cook 5 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:11.75, Inflammation Score:-5, Nutrition Score:15.03826089009%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 324.66kcal (16.23%), Fat: 14.05g (21.61%), Saturated Fat: 3.38g (21.15%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 23.57g (8.57%), Sugar: 3.43g (3.82%), Cholesterol: 61.58mg (20.53%), Sodium: 932.6mg (40.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.76g (49.52%), Vitamin B3: 9.02mg (45.09%), Selenium: 27.89µg (39.84%), Phosphorus: 375.61mg (37.56%), Vitamin B6: 0.72mg (35.98%), Potassium: 626.34mg (17.9%), Calcium: 167.68mg (16.77%), Vitamin C: 13.26mg (16.07%), Iron: 2.8mg (15.56%), Manganese: 0.31mg (15.36%), Vitamin B5: 1.36mg (13.63%), Magnesium: 50.29mg (12.57%), Vitamin B2: 0.21mg (12.45%), Vitamin E: 1.71mg (11.37%), Zinc: 1.55mg (10.34%), Copper: 0.18mg (8.76%), Vitamin B1: 0.12mg (7.79%), Vitamin K: 7.56µg (7.2%), Vitamin A: 357.82IU (7.16%), Fiber: 1.32g (5.29%), Vitamin B12: 0.25µg (4.18%), Folate: 16.53µg (4.13%)