



VELVEETA Cheesy Chicken Skillet

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup broccoli florets
- 1 carrots sliced
- 1 cup milk
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 12 oz velveeta shells & cheese dinner
- 1 cup water

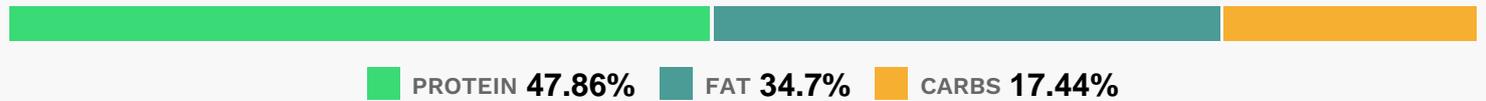
Equipment

- frying pan

Directions

- Cook chicken in large skillet sprayed with cooking spray on medium-high heat 5 min. or until done, stirring occasionally.
- Add Shells, milk and water; stir. Bring to boil; cover. Simmer on medium-low heat 10 min. Stir in broccoli and carrots; cook, covered, 5 min.
- Remove from heat.
- Stir in VELVEETA Sauce.

Nutrition Facts



Properties

Glycemic Index:3.34, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:3.1713043166244%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 42.13kcal (2.11%), Fat: 1.6g (2.47%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.7g (0.62%), Sugar: 1.29g (1.43%), Cholesterol: 13.21mg (4.4%), Sodium: 174.24mg (7.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.95%), Phosphorus: 136.11mg (13.61%), Vitamin A: 417.99IU (8.36%), Vitamin B3: 1.39mg (6.96%), Calcium: 67.01mg (6.7%), Selenium: 4.35µg (6.21%), Vitamin B6: 0.11mg (5.41%), Vitamin B2: 0.09mg (5.28%), Vitamin C: 2.59mg (3.14%), Potassium: 105.73mg (3.02%), Vitamin K: 2.93µg (2.79%), Zinc: 0.36mg (2.41%), Vitamin B5: 0.23mg (2.3%), Magnesium: 5.03mg (1.26%), Vitamin B12: 0.06µg (1.06%), Vitamin B1: 0.02mg (1.01%)