



Velveeta Chicken & Pasta Skillet

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



51 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 oz pkt spinach frozen thawed drained chopped well
- 1 clove garlic minced
- 8 oz milk velveeta 2% cut into 1/2-inch cubes
- 1 large bell pepper red chopped
- 2 cups pasta shell uncooked
- 1.3 lb chicken breasts boneless skinless cut into bite-size pieces
- 2 cups water

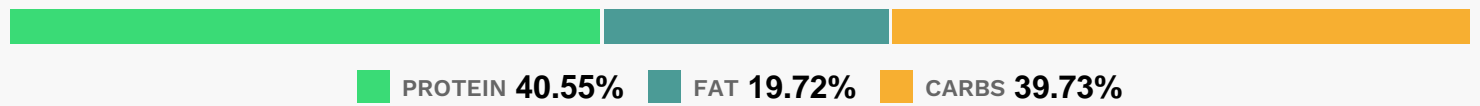
Equipment

frying pan

Directions

- Cook and stir chicken, peppers and garlic in large nonstick skillet on medium heat 5 to 7 min. or until chicken is done.
- Add water; stir. Bring to boil. Stir in pasta; cover. Simmer on medium-low heat 12 to 15 min. or until pasta is tender and most of the water is absorbed.
- Add 2% Milk VELVEETA and spinach; cook 3 to 5 min. or until VELVEETA is completely melted, and pasta mixture is heated through and well blended, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:2.6, Glycemic Load:1.56, Inflammation Score:-6, Nutrition Score:5.5317390716594%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 50.53kcal (2.53%), Fat: 1.1g (1.69%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 4.52g (1.64%), Sugar: 0.83g (0.93%), Cholesterol: 11.45mg (3.82%), Sodium: 112.68mg (4.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.15%), Vitamin K: 26.6µg (25.33%), Vitamin A: 1019.37IU (20.39%), Selenium: 8.14µg (11.62%), Phosphorus: 101.93mg (10.19%), Vitamin B3: 1.64mg (8.2%), Vitamin C: 5.84mg (7.08%), Vitamin B6: 0.14mg (6.92%), Manganese: 0.1mg (5.19%), Calcium: 44.22mg (4.42%), Vitamin B2: 0.07mg (4.32%), Folate: 13.63µg (3.41%), Potassium: 116.63mg (3.33%), Magnesium: 12.28mg (3.07%), Vitamin B5: 0.24mg (2.44%), Zinc: 0.35mg (2.31%), Vitamin E: 0.3mg (2.02%), Fiber: 0.45g (1.81%), Copper: 0.03mg (1.56%), Iron: 0.28mg (1.55%), Vitamin B1: 0.02mg (1.51%)