



VELVEETA® Broccoli Chicken and Potatoes

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz broccoli florets frozen
- 10 oz cream of chicken soup canned
- 4 cups ore-ida hash brown potatoes diced ()
- 0.5 tsp pepper
- 1.3 lb chicken breasts boneless skinless cut into bite-size pieces
- 8 oz velveeta cut into 1/2-inch cubes
- 0.5 cup water

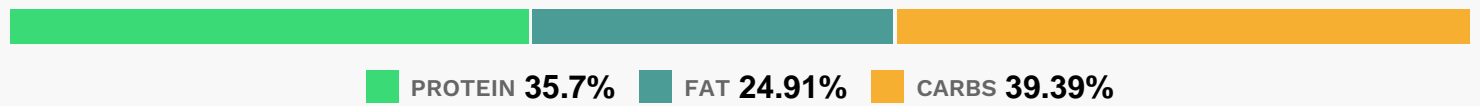
Equipment

frying pan

Directions

- Cook chicken in large deep skillet sprayed with cooking spray on medium heat 4 min. or until no longer pink, stirring frequently. Season with pepper.
- Add water, broccoli and potatoes; stir. Cover; cook 5 to 7 min. or until potatoes are tender, stirring frequently.
- Stir in VELVEETA and soup; cook, covered, 3 to 5 min. or until VELVEETA is completely melted and chicken mixture is heated through, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:9.29, Inflammation Score:-7, Nutrition Score:26.594347865685%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 368.66kcal (18.43%), Fat: 10.26g (15.79%), Saturated Fat: 4.32g (26.98%), Carbohydrates: 36.52g (12.17%), Net Carbohydrates: 33.05g (12.02%), Sugar: 4.43g (4.93%), Cholesterol: 80.13mg (26.71%), Sodium: 1091.34mg (47.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.1g (66.19%), Vitamin C: 63.27mg (76.7%), Phosphorus: 703.64mg (70.36%), Vitamin B3: 12.74mg (63.68%), Vitamin K: 60.23µg (57.36%), Selenium: 32.98µg (47.12%), Vitamin B6: 0.93mg (46.47%), Potassium: 1083.59mg (30.96%), Calcium: 270.29mg (27.03%), Vitamin B2: 0.45mg (26.36%), Vitamin B5: 2.22mg (22.17%), Manganese: 0.39mg (19.55%), Vitamin A: 839.68IU (16.79%), Vitamin B1: 0.24mg (16.19%), Iron: 2.71mg (15.03%), Zinc: 2.16mg (14.38%), Fiber: 3.48g (13.91%), Magnesium: 54.25mg (13.56%), Copper: 0.26mg (12.89%), Folate: 46.07µg (11.52%), Vitamin E: 0.88mg (5.86%), Vitamin B12: 0.19µg (3.15%)