



VELVEETA® Creamy Chicken Broccoli Skillet

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz broccoli frozen thawed drained chopped
- 2 cups rice white instant uncooked
- 0.3 cup miracle whip dressing
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 2 cups water
- 8 oz velveeta cut into 1/2-inch cubes
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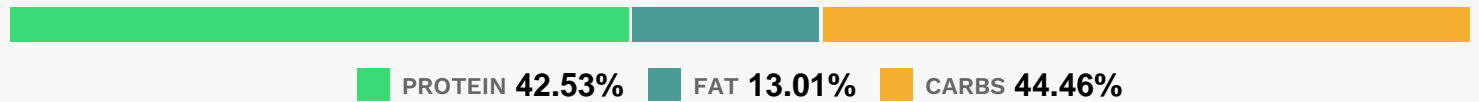
Equipment

frying pan

Directions

- Heat dressing in large skillet on medium heat.
- Add chicken; cook and stir 8 to 10 min. or until done.
- Add water, broccoli and VELVEETA; bring to boil, stirring frequently.
- Stir in rice; cover.
- Remove from heat.
- Let stand 5 min.

Nutrition Facts



Properties

Glycemic Index:0.91, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:3.7578260665355%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 45.63kcal (2.28%), Fat: 0.65g (0.99%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.61g (1.68%), Sugar: 0.39g (0.43%), Cholesterol: 12.66mg (4.22%), Sodium: 45.53mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.49%), Vitamin B3: 2.42mg (12.12%), Selenium: 8.25µg (11.79%), Vitamin C: 7.46mg (9.04%), Vitamin B6: 0.17mg (8.29%), Vitamin K: 8.31µg (7.91%), Phosphorus: 52.09mg (5.21%), Folate: 19.39µg (4.85%), Vitamin B1: 0.06mg (4.25%), Vitamin B5: 0.34mg (3.45%), Manganese: 0.07mg (3.42%), Potassium: 100.04mg (2.86%), Iron: 0.44mg (2.46%), Magnesium: 7.58mg (1.89%), Vitamin B2: 0.03mg (1.78%), Zinc: 0.22mg (1.45%), Fiber: 0.35g (1.4%), Vitamin A: 57.97IU (1.16%)