



## VELVEETA® Easy Chicken Fajita Skillet

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tsp chili powder
- 8 oz elbow macaroni uncooked
- 1 medium onion finely chopped
- 2 cups pasilla peppers mixed green red coarsely chopped
- 0.3 tsp salt
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 8 oz velveeta®
- 8 oz velveeta®

# Equipment

frying pan

# Directions

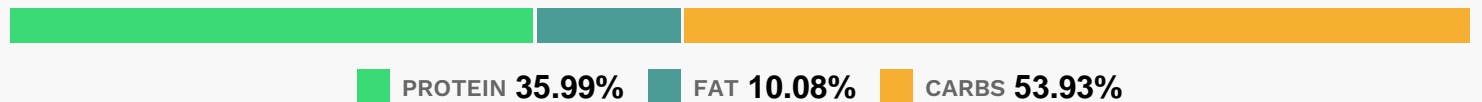
Cook chicken and seasonings in large nonstick skillet on medium-high heat for 5 to 7 minutes or until chicken is cooked through, stirring occasionally.

Stir in 2-1/4 cups water. Bring to boil. Stir in macaroni; cover. Reduce heat to medium-low. Simmer 5 minutes.

Add peppers and onions; cover and simmer an additional 5 minutes.

Add VELVEETA; cook until melted, stirring frequently.

# Nutrition Facts



# Properties

Glycemic Index:1.06, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.6834782660007%

# Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

# Nutrients (% of daily need)

Calories: 41.99kcal (2.1%), Fat: 0.46g (0.71%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 5.13g (1.87%), Sugar: 0.52g (0.57%), Cholesterol: 8.29mg (2.76%), Sodium: 33.68mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.43%), Selenium: 8.27µg (11.82%), Vitamin C: 7.23mg (8.77%), Vitamin B3: 1.52mg (7.58%), Vitamin B6: 0.13mg (6.54%), Phosphorus: 42.31mg (4.23%), Manganese: 0.08mg (3.86%), Potassium: 83.4mg (2.38%), Vitamin B5: 0.23mg (2.26%), Magnesium: 8.09mg (2.02%), Fiber: 0.43g (1.73%), Copper: 0.03mg (1.49%), Vitamin B1: 0.02mg (1.37%), Zinc: 0.19mg (1.24%), Vitamin B2: 0.02mg (1.22%), Vitamin A: 58.33IU (1.17%), Iron: 0.18mg (1.01%)