



VELVEETA® One Pot Cheesy Chicken and Broccoli Rice

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz broccoli frozen thawed chopped
- 14 oz chicken broth canned
- 2 cups rice white instant uncooked
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 8 oz velveeta blocks mini cut into 1/2-inch cubes

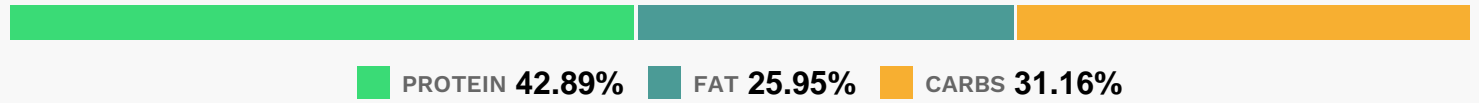
Equipment

- frying pan

Directions

- Cook and stir chicken in large nonstick skillet on medium heat 8 to 10 min. or until done.
- Stir in broth. Bring to boil.
- Add rice, VELVEETA and broccoli; cover.
- Remove from heat.
- Let stand 10 min. Stir until VELVEETA is completely melted and mixture is well blended.

Nutrition Facts



Properties

Glycemic Index:1.28, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:6.2586956795143%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 100.19kcal (5.01%), Fat: 2.82g (4.34%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 7.2g (2.62%), Sugar: 0.97g (1.07%), Cholesterol: 23.36mg (7.79%), Sodium: 245.88mg (10.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.5g (21.01%), Phosphorus: 170.89mg (17.09%), Selenium: 11.57µg (16.53%), Vitamin B3: 2.83mg (14.14%), Vitamin C: 10.34mg (12.54%), Vitamin K: 11.97µg (11.4%), Vitamin B6: 0.19mg (9.71%), Folate: 27.11µg (6.78%), Vitamin B2: 0.11mg (6.36%), Calcium: 62.05mg (6.2%), Zinc: 0.87mg (5.82%), Vitamin B1: 0.08mg (5.56%), Manganese: 0.09mg (4.72%), Potassium: 160.41mg (4.58%), Iron: 0.8mg (4.46%), Vitamin A: 193.28IU (3.87%), Vitamin B5: 0.35mg (3.53%), Vitamin B12: 0.19µg (3.25%), Magnesium: 11.08mg (2.77%), Fiber: 0.43g (1.7%), Copper: 0.03mg (1.53%), Vitamin E: 0.18mg (1.18%)