



VELVEETA® One Pot Cheesy Chicken and Broccoli Rice

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

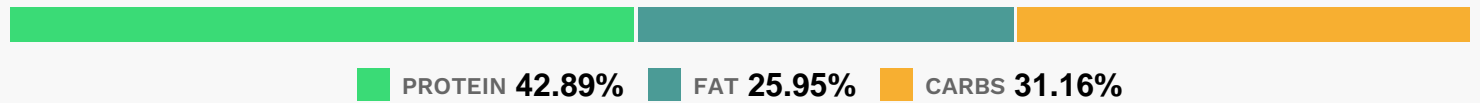
Equipment

- 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:5.33, Glycemic Load:0.61, Inflammation Score:-8, Nutrition Score:26.07608695393%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 417.47kcal (20.87%), Fat: 11.77g (18.1%), Saturated Fat: 4.7g (29.36%), Carbohydrates: 31.79g (10.6%), Net Carbohydrates: 30.02g (10.92%), Sugar: 4.03g (4.48%), Cholesterol: 97.33mg (32.44%), Sodium: 1024.49mg (44.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.77g (87.54%), Phosphorus: 712.04mg (71.2%), Selenium: 48.21µg (68.87%), Vitamin B3: 11.78mg (58.91%), Vitamin C: 43.09mg (52.23%), Vitamin K: 49.9µg (47.52%), Vitamin B6: 0.81mg (40.48%), Folate: 112.95µg (28.24%), Vitamin B2: 0.45mg (26.51%), Calcium: 258.52mg (25.85%), Zinc: 3.64mg (24.25%), Vitamin B1: 0.35mg (23.16%), Manganese: 0.39mg (19.65%), Potassium: 668.38mg (19.1%), Iron: 3.34mg (18.57%), Vitamin A: 805.32IU (16.11%), Vitamin B5: 1.47mg (14.72%), Vitamin B12: 0.81µg (13.54%), Magnesium: 46.16mg (11.54%), Fiber: 1.77g (7.09%), Copper: 0.13mg (6.37%), Vitamin E: 0.74mg (4.9%)