



Chicken and Broccoli Cobbler

READY IN



46 min.

SERVINGS



4

CALORIES



604 kcal

Ingredients

- ☐ 10 oz alfredo sauce refrigerated
- ☐ 3 cups broccoli florets
- ☐ 0.3 cup butter melted
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 2 tablespoons sherry dry
- ☐ 0.5 cup parmesan cheese refrigerated grated
- ☐ 0.5 cup roasted peppers red drained chopped
- ☐ 0.5 cup cream sour
- ☐ 3 cups sourdough bread cubed

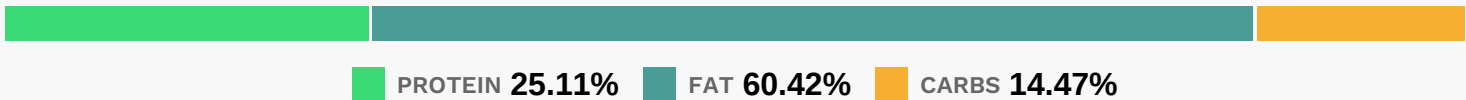
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Drizzle butter over bread cubes in a large bowl; sprinkle with cheese, and toss well.
- ☐ Combine broccoli and next 5 ingredients in a large bowl. Spoon filling into a lightly greased 2-qt. rectangular or oval baking dish or individual baking dishes; top with bread cubes.
- ☐ Bake, uncovered, at 400 for 30 minutes (20 to 25 minutes for individual cobblers) or until bubbly and top is toasted.

Nutrition Facts



Properties

Glycemic Index:44.38, Glycemic Load:9.32, Inflammation Score:-8, Nutrition Score:24.60782600097%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 603.82kcal (30.19%), Fat: 39.98g (61.51%), Saturated Fat: 20.04g (125.27%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 19.09g (6.94%), Sugar: 4.33g (4.82%), Cholesterol: 183.58mg (61.19%), Sodium: 1262.87mg (54.91%), Alcohol: 0.77g (100%), Alcohol %: 0.28% (100%), Protein: 37.39g (74.78%), Vitamin C: 69.28mg (83.97%), Vitamin K: 71.43µg (68.03%), Selenium: 39.18µg (55.98%), Vitamin B3: 9.87mg (49.35%), Phosphorus: 378.05mg (37.81%), Vitamin B6: 0.63mg (31.48%), Vitamin B2: 0.43mg (25.09%), Vitamin A: 1201.03IU (24.02%), Calcium: 206.39mg (20.64%), Folate: 79.85µg (19.96%), Zinc: 2.78mg (18.56%), Vitamin B1: 0.28mg (18.48%), Vitamin B5: 1.64mg (16.45%), Potassium: 573.91mg (16.4%), Manganese: 0.32mg (16.09%), Iron: 2.83mg (15.72%),

Magnesium: 53.31mg (13.33%), Fiber: 2.45g (9.79%), Vitamin B12: 0.56µg (9.3%), Copper: 0.16mg (7.92%), Vitamin E: 1.08mg (7.19%)