



Chicken Chile Cobbler

READY IN



70 min.

SERVINGS



10

CALORIES



352 kcal

Ingredients

- ☐ 16 oz pea-mond dressing frozen
- ☐ 2 tablespoons butter
- ☐ 1 lb andouille smoked
- ☐ 1 large onion sweet finely chopped
- ☐ 1 large poblano pepper diced seeded
- ☐ 0.3 cup flour all-purpose
- ☐ 1.3 oz chili seasoning white
- ☐ 3 cups chicken broth (from 32-oz carton)
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 8.8 oz cooking spoons of blended tatashe-pepper mix long-grain wild

- ☐ 0.8 cup milk
- ☐ 1 eggs slightly beaten
- ☐ 1 cup frangelico

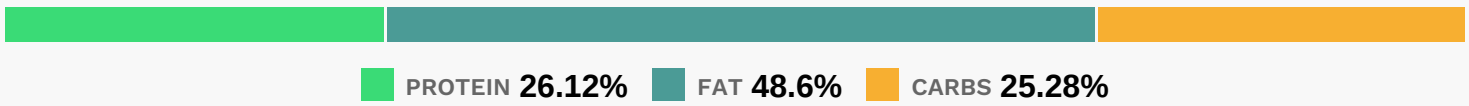
Equipment

- ☐ bowl
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Heat oven to 425°F. Cook peas as directed on package; drain. In 4-quart ovenproof Dutch oven, melt butter over medium-high heat; cook sausage in butter 3 minutes or until lightly browned.
- ☐ Add onion and poblano chile; cook 3 minutes. Stir in flour and seasoning mix; cook and stir 1 minute. Gradually add broth, stirring to loosen particles from bottom of Dutch oven. Cook 3 minutes, stirring constantly, until broth begins to thicken. Stir in peas and chicken; heat to boiling.
- ☐ In large bowl, stir together rice and Bisquick mix. Make well in center of mixture; stir in milk and egg just until moistened. Immediately spoon batter over hot chicken mixture in Dutch oven.
- ☐ Bake 35 to 40 minutes or until cooked through and crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:27.4, Glycemic Load:5.91, Inflammation Score:-9, Nutrition Score:19.786087098329%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

5.17mg

Nutrients (% of daily need)

Calories: 352.07kcal (17.6%), Fat: 19.17g (29.49%), Saturated Fat: 7.04g (44%), Carbohydrates: 22.43g (7.48%), Net Carbohydrates: 16.58g (6.03%), Sugar: 5.13g (5.7%), Cholesterol: 89.7mg (29.9%), Sodium: 728.06mg (31.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.18g (46.35%), Vitamin A: 3222.07IU (64.44%), Folate: 124.36µg (31.09%), Vitamin B3: 6.15mg (30.76%), Selenium: 20.96µg (29.95%), Phosphorus: 272.06mg (27.21%), Vitamin B6: 0.49mg (24.72%), Vitamin B1: 0.35mg (23.48%), Fiber: 5.84g (23.38%), Manganese: 0.46mg (22.87%), Vitamin C: 17.58mg (21.31%), Vitamin B2: 0.34mg (20.19%), Iron: 3.5mg (19.45%), Zinc: 2.72mg (18.11%), Vitamin B12: 0.96µg (16.06%), Potassium: 560.01mg (16%), Magnesium: 59.39mg (14.85%), Copper: 0.27mg (13.45%), Vitamin B5: 1.13mg (11.31%), Vitamin E: 1.38mg (9.17%), Calcium: 70.65mg (7.06%), Vitamin D: 0.79µg (5.26%), Vitamin K: 5.2µg (4.96%)