



# Gobbler Cobbler Pie

READY IN

ready

75 min.

SERVINGS

servings

8

CALORIES

calories

742 kcal

## Ingredients

- ☐ 1 small can water chestnuts drained sliced
- ☐ 2 cups cheddar grated
- ☐ 1 eggs beaten
- ☐ 1 can style green beans french drained
- ☐ 1 package mushrooms fresh sliced
- ☐ 1 bell pepper diced green
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon oil
- ☐ 1 medium onion diced
- ☐ 1 package preformed pie crust

- ☐ 1 teaspoon poultry seasoning
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 3 cups turkey cooked chopped
- ☐ 1 package rice long-grain wild recommended: Uncle Ben's
- ☐ 1 bell pepper diced yellow

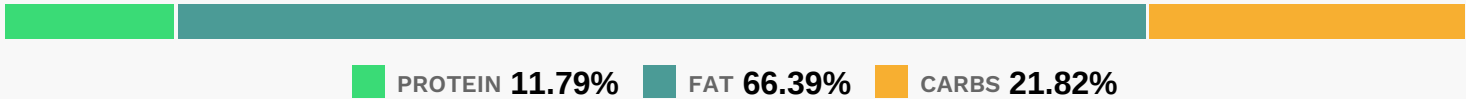
## Equipment

- ☐ bowl
- ☐ oven

## Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Prepare the rice according to package instructions and set aside.
- ☐ Saute onions, peppers, and mushrooms in oil and set aside.
- ☐ Combine all ingredients except 1 cup of cheese and pie crust, into large bowl and mix well.
- ☐ Pour into greased 9-inch glass pie plate. Top with remaining 1 cup cheese and set aside.
- ☐ Roll out pie crust, cut into 1/2-inch wide strips and cover dish in lattice design, then brush dough lightly with egg.
- ☐ Place in 350 degree F oven for 30 minutes, when top is golden brown, remove, let cool, and enjoy.
- ☐ This dish is an excellent way to use holiday turkey leftovers, plus it freezes well.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:1.49, Inflammation Score:-7, Nutrition Score:22.800434496092%

## Flavonoids

Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg,

Kaempferol: 0.25mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 741.94kcal (37.1%), Fat: 55.12g (84.81%), Saturated Fat: 17g (106.26%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 36.46g (13.26%), Sugar: 4.94g (5.49%), Cholesterol: 104.27mg (34.76%), Sodium: 654.11mg (28.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.03g (44.06%), Vitamin K: 69.37µg (66.06%), Vitamin C: 45.72mg (55.41%), Selenium: 25.73µg (36.76%), Phosphorus: 332.53mg (33.25%), Vitamin B2: 0.54mg (31.56%), Vitamin B3: 6.03mg (30.15%), Calcium: 272.1mg (27.21%), Vitamin B6: 0.52mg (25.89%), Manganese: 0.46mg (22.93%), Folate: 79.34µg (19.83%), Zinc: 2.63mg (17.54%), Vitamin B1: 0.26mg (17.49%), Fiber: 4.3g (17.2%), Iron: 3.07mg (17.07%), Vitamin A: 849.14IU (16.98%), Vitamin E: 2.31mg (15.4%), Vitamin B12: 0.91µg (15.14%), Vitamin B5: 1.49mg (14.88%), Potassium: 498.53mg (14.24%), Copper: 0.28mg (14.2%), Magnesium: 47.43mg (11.86%), Vitamin D: 0.5µg (3.36%)