



WHATSheATE



Pasta-Chicken-Broccoli Bake

READY IN



75 min.

SERVINGS



8

CALORIES



746 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups broccoli fresh chopped
- ☐ 0.5 cup butter
- ☐ 3 tablespoons butter melted
- ☐ 15 round buttery crackers crushed
- ☐ 20 oz cheese-and-spinach tortellini refrigerated
- ☐ 3 cups chicken broth
- ☐ 4 cups meat from a rotisserie chicken cooked chopped
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose

- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.5 cups half-and-half
- ☐ 0.5 cup parmesan cheese grated
- ☐ 4 oz freshly parmesan cheese shredded
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup onion sweet chopped

Equipment

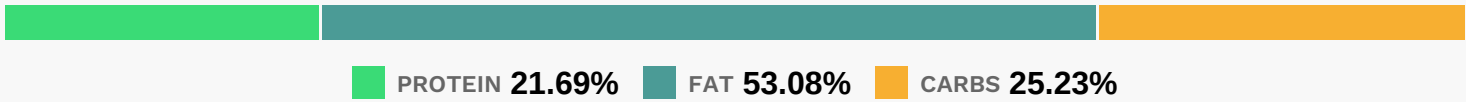
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Melt 1/2 cup butter in a Dutch oven over medium-high heat; add onion and next 2 ingredients, and saut 5 to 6 minutes or until tender.
- ☐ Add flour, stirring until smooth. Cook, stirring constantly, 1 minute.
- ☐ Whisk in broth, half-and-half, and white wine. Reduce heat to medium, and cook, stirring constantly, 6 to 8 minutes or until thickened and bubbly.
- ☐ Remove from heat; add 1 cup cheese and next 2 ingredients, stirring until cheese melts. Stir in tortellini and next 2 ingredients. Spoon into a lightly greased 13- x 9-inch baking dish.
- ☐ Stir together 1/2 cup grated cheese and next 3 ingredients.
- ☐ Sprinkle over casserole.
- ☐ Bake at 350 for 40 to 45 minutes or until bubbly.
- ☐ Note: We tested with Buitoni

Mixed Cheese Tortellini.

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:17.17, Inflammation Score:-8, Nutrition Score:23.173912906128%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 746.46kcal (37.32%), Fat: 43.71g (67.24%), Saturated Fat: 20.53g (128.32%), Carbohydrates: 46.75g (15.58%), Net Carbohydrates: 41.71g (15.17%), Sugar: 6.9g (7.67%), Cholesterol: 153.94mg (51.31%), Sodium: 1315.1mg (57.18%), Alcohol: 1.54g (100%), Alcohol %: 0.48% (100%), Protein: 40.19g (80.38%), Vitamin C: 52.41mg (63.53%), Vitamin K: 50.85µg (48.43%), Calcium: 428.7mg (42.87%), Phosphorus: 400.33mg (40.03%), Selenium: 27.72µg (39.61%), Vitamin B3: 6.81mg (34.04%), Vitamin A: 1437.28IU (28.75%), Manganese: 0.57mg (28.33%), Vitamin B2: 0.43mg (25.07%), Vitamin B6: 0.48mg (24.15%), Iron: 3.94mg (21.88%), Fiber: 5.04g (20.18%), Zinc: 2.6mg (17.31%), Vitamin B1: 0.23mg (15.13%), Potassium: 489.59mg (13.99%), Folate: 54.05µg (13.51%), Vitamin B5: 1.32mg (13.25%), Magnesium: 52.15mg (13.04%), Vitamin B12: 0.59µg (9.91%), Vitamin E: 1.47mg (9.79%), Copper: 0.19mg (9.52%)