

# Creamy Turkey & Broccoli Cobbler

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## Servings: 6

1 can (10-3/4 ounce) condensed  
cream of chicken soup  
1 cup milk  
6 cups frozen broccoli florets, thawed  
3 1/2 cups (about one pound) cubed  
cooked turkey breast  
2 cups (8 ounce) sharp Cheddar  
cheese, shredded  
1 can (12 ounce) refrigerated  
buttermilk biscuits

## Preparation Time: 20 minutes

## Cook Time: 30 minutes

Preheat the oven to 375 degrees.

Spray a 13x9-inch (three quart) glass baking  
dish with cooking spray.

In a twelve-inch skillet, mix the soup and milk  
until well blended. Stir in the broccoli florets,  
turkey and cheese.

Cook, stirring occasionally, until the mixture is  
hot and bubbly. Pour into the baking dish.

Separate the biscuits into ten biscuits. Arrange  
on the hot turkey mixture.

Bake, uncovered, for 20 to 28 minutes or until  
the biscuits are deep golden brown.

Per Serving (excluding unknown  
items): 64 Calories; 4g Fat (53.4%  
calories from fat); 2g Protein; 5g  
Carbohydrate; trace Dietary Fiber;  
9mg Cholesterol; 349mg Sodium.  
Exchanges: 0 Grain(Starch); 0 Non-  
Fat Milk; 1/2 Fat.

Turkey

## Per Serving Nutritional Analysis

Calories (kcal):	64	Vitamin B6 (mg):	trace
% Calories from Fat:	53.4%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	31.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	15.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	3mcg
Saturated Fat (g):	2g	Niacin (mg):	trace

**Monounsaturated Fat (g):** 1g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 9mg  
**Carbohydrate (g):** 5g  
**Dietary Fiber (g):** trace  
**Protein (g):** 2g  
**Sodium (mg):** 349mg  
**Potassium (mg):** 91mg  
**Calcium (mg):** 60mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 238IU  
**Vitamin A (r.e.):** 34 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 64 **Calories from Fat:** 34

### % Daily Values\*

<b>Total Fat</b>	4g	6%
Saturated Fat	2g	8%
<b>Cholesterol</b>	9mg	3%
<b>Sodium</b>	349mg	15%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	trace	0%
<b>Protein</b>	2g	
<b>Vitamin A</b>		5%
<b>Vitamin C</b>		1%
<b>Calcium</b>		6%
<b>Iron</b>		1%

\* Percent Daily Values are based on a 2000 calorie diet.