

# Chicken Alfredo Casserole

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-chicken-alfredo-casserole-recipe>

## Ingredients:

- 12 ounces penne
- 4 tablespoons unsalted butter
- 4 cloves garlic minced
- 1/4 cup all purpose flour
- 3 1/2 cups milk I used 2%
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup shredded Parmesan cheese divided
- 4 cups chicken Cooked Shredded
- 3 cups broccoli florets small
- 2 cups shredded mozzarella cheese

## Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 170 milligrams
4. Fat: 29 grams
5. Fiber: 3 grams
6. Protein: 60 grams
7. SaturatedFat: 15 grams
8. Sodium: 890 milligrams
9. Sugar: 12 grams

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