



Chicken-and-Ham Tetrazzini

READY IN



45 min.

SERVINGS



6

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons almonds sliced
- ☐ 10.8 ounce cream of mushroom soup undiluted reduced-fat reduced-sodium canned
- ☐ 0.3 cup cooking sherry dry
- ☐ 0.3 pound extra-lean ham finely chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 1.3 cups milk 1% low-fat
- ☐ 1 tablespoon butter reduced-calorie

- ☐ 1 cup pre mushrooms fresh
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon paprika
- ☐ 0.7 cup parmesan cheese divided grated
- ☐ 0.5 teaspoon pepper
- ☐ 4 ounce pimento diced drained
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 3 ounces sharp cheddar cheese shredded divided reduced-fat
- ☐ 5 ounces skinned shredded
- ☐ 7 ounce pasta like spaghetti

Equipment

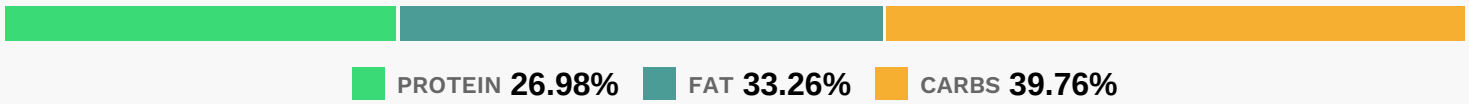
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook spaghetti according to package directions, omitting salt and fat; drain well. Rinse under cold running water; drain well, and set aside.
- ☐ Melt the margarine in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms and next 3 ingredients, and saut 4 minutes or until tender. Stir in flour, poultry seasoning, and pepper; cook 30 seconds, stirring constantly. Gradually add milk, and cook 1 1/2 minutes or until thickened, stirring constantly.
- ☐ Remove from heat, and stir in 1/4 cup cheddar cheese, stirring until cheese melts.
- ☐ Add chicken, ham, 1/3 cup Parmesan cheese, and next 3 ingredients; stir well.
- ☐ Combine the spaghetti and chicken mixture in a large bowl; stir well. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine remaining 1/3 cup Parmesan cheese and paprika, and stir well.

- ☐
- Sprinkle Parmesan cheese mixture, remaining 1/2 cup cheddar cheese, and almonds in alternating diagonal rows across top of casserole.
- ☐
- Bake, uncovered, at 350 for 20 minutes or until bubbly.
- ☐
- Make-Ahead Tips: You can assemble the casserole up to 4 hours ahead of time, omitting the cheese-and-almond topping; cover and chill.
- ☐
- Add topping just before baking.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:14.16, Inflammation Score:-8, Nutrition Score:22.369565341784%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 436.3kcal (21.81%), Fat: 15.86g (24.4%), Saturated Fat: 6.69g (41.84%), Carbohydrates: 42.66g (14.22%), Net Carbohydrates: 39.27g (14.28%), Sugar: 6.35g (7.06%), Cholesterol: 60.64mg (20.21%), Sodium: 728.56mg (31.68%), Alcohol: 1.03g (100%), Alcohol %: 0.42% (100%), Protein: 28.95g (57.9%), Selenium: 43.4µg (62%), Vitamin C: 42.27mg (51.24%), Phosphorus: 412.11mg (41.21%), Manganese: 0.74mg (37.08%), Vitamin B3: 6.73mg (33.63%), Calcium: 301.39mg (30.14%), Vitamin B2: 0.44mg (25.98%), Vitamin B6: 0.52mg (25.98%), Zinc: 3.83mg (25.51%), Vitamin A: 1191.43IU (23.83%), Vitamin B12: 1.19µg (19.9%), Copper: 0.37mg (18.66%), Potassium: 596.02mg (17.03%), Magnesium: 66.34mg (16.59%), Iron: 2.72mg (15.1%), Fiber: 3.39g (13.54%), Vitamin B1: 0.19mg (12.99%), Vitamin B5: 1.22mg (12.21%), Vitamin E: 1.62mg (10.79%), Folate: 39.19µg (9.8%), Vitamin K: 6.57µg (6.25%), Vitamin D: 0.76µg (5.04%)