



Chicken Marsala Tetrastini

READY IN



45 min.

SERVINGS



8

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz alfredo sauce light refrigerated
- ☐ 1 cup peas frozen english thawed
- ☐ 2 tablespoons butter
- ☐ 0.5 cup chicken broth
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 10.8 oz cream of mushroom soup reduced-fat canned
- ☐ 8 oz mushrooms fresh sliced
- ☐ 0.3 cup plum brandy
- ☐ 4 oz parmesan shredded

- ☐ 3 ounces pancetta finely chopped
- ☐ 8 oz vermicelli

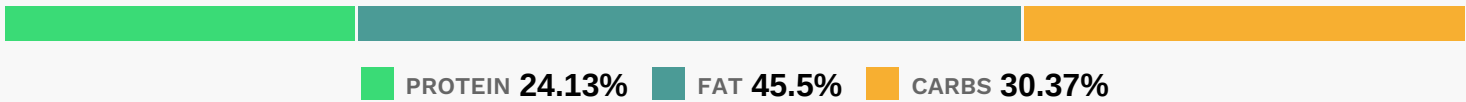
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Prepare pasta according to package directions. Meanwhile, melt butter in a large skillet over medium-high heat; add mushrooms and prosciutto, and saut 5 minutes.
- ☐ Stir together mushroom mixture, chicken, next 5 ingredients, and 1/2 cup cheese; stir in pasta. Spoon mixture into a lightly greased 11- x 7-inch baking dish; sprinkle with remaining 1/2 cup cheese.
- ☐ Bake at 350 for 35 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:26.42, Glycemic Load:14.45, Inflammation Score:-4, Nutrition Score:12.91173911613%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 436.68kcal (21.83%), Fat: 21.28g (32.75%), Saturated Fat: 9.92g (62.03%), Carbohydrates: 31.97g (10.66%), Net Carbohydrates: 30.12g (10.95%), Sugar: 2.92g (3.24%), Cholesterol: 89mg (29.67%), Sodium: 976.69mg (42.46%), Alcohol: 1.15g (100%), Alcohol %: 0.58% (100%), Protein: 25.4g (50.8%), Selenium: 25.62µg (36.59%),

Vitamin B3: 6.46mg (32.3%), Phosphorus: 314.96mg (31.5%), Calcium: 188.7mg (18.87%), Manganese: 0.37mg (18.59%), Vitamin B2: 0.31mg (18.21%), Vitamin B6: 0.34mg (16.81%), Zinc: 2.33mg (15.55%), Copper: 0.26mg (13.24%), Vitamin B5: 1.17mg (11.71%), Vitamin B1: 0.16mg (10.64%), Potassium: 355.58mg (10.16%), Vitamin C: 7.85mg (9.51%), Iron: 1.7mg (9.43%), Magnesium: 34.03mg (8.51%), Vitamin B12: 0.46µg (7.61%), Fiber: 1.85g (7.39%), Vitamin A: 362.58IU (7.25%), Folate: 23.84µg (5.96%), Vitamin K: 4.98µg (4.74%), Vitamin E: 0.19mg (1.27%), Vitamin D: 0.17µg (1.13%)