



## Chicken or Turkey Tetrazzini

READY IN



45 min.

SERVINGS



8

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups processed cheese food shredded
- 1.5 tablespoons butter
- 1 cup chicken broth
- 21.5 ounce cream of mushroom soup canned
- 4 cups meat from a rotisserie chicken cubed cooked
- 2 tablespoons parsley fresh chopped
- 1 clove garlic minced
- 0.3 cup onion chopped
- 2 tablespoons bell pepper diced red

- 0.5 teaspoon salt
- 1 teaspoon seasoning salt
- 12 ounces pasta like spaghetti
- 1.5 teaspoons vegetable oil

## Equipment

- sauce pan
- oven
- baking pan
- aluminum foil
- dutch oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cook spaghetti according to package directions, add oil and salt to cooking water.
- Drain.
- In large saucepan or Dutch oven over medium heat, melt butter.
- Add onion and garlic. Cook, stirring occasionally, 2 minutes.
- Add soup, broth, seasoned salt and 1 1/2 cups of the cheese. Cook and stir until cheese melts and mixture is smooth.
- Add spaghetti and chicken or turkey.
- Mix well.
- Transfer to 2-quart baking dish. Cover with foil.
- Bake at 350 degrees F (175 degrees C) for 30 minutes or until hot and bubbly.
- Remove foil.
- Sprinkle with remaining 1 1/2 cups. cheese. Continue baking 2 minutes or until cheese melts.
- Sprinkle with parsley and bell pepper.

## Nutrition Facts



■ PROTEIN 26.89% ■ FAT 44.62% ■ CARBS 28.49%

## Properties

Glycemic Index:30, Glycemic Load:13.47, Inflammation Score:-6, Nutrition Score:21.073912931525%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## Nutrients (% of daily need)

Calories: 547.48kcal (27.37%), Fat: 26.86g (41.32%), Saturated Fat: 13.27g (82.91%), Carbohydrates: 38.58g (12.86%), Net Carbohydrates: 36.89g (13.42%), Sugar: 2.77g (3.08%), Cholesterol: 115.04mg (38.35%), Sodium: 2035.31mg (88.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.42g (72.83%), Selenium: 54.93µg (78.47%), Phosphorus: 578.4mg (57.84%), Calcium: 574.45mg (57.44%), Vitamin B3: 7.07mg (35.37%), Manganese: 0.68mg (34.18%), Zinc: 3.86mg (25.75%), Vitamin B6: 0.42mg (21.23%), Vitamin B2: 0.32mg (18.82%), Vitamin K: 19.68µg (18.75%), Vitamin B12: 1.12µg (18.71%), Copper: 0.35mg (17.45%), Vitamin A: 748.18IU (14.96%), Magnesium: 57.95mg (14.49%), Iron: 2.38mg (13.21%), Potassium: 445.68mg (12.73%), Vitamin B5: 1.25mg (12.45%), Vitamin B1: 0.12mg (7.75%), Fiber: 1.69g (6.75%), Folate: 24.32µg (6.08%), Vitamin C: 4.79mg (5.81%), Vitamin E: 0.65mg (4.36%), Vitamin D: 0.31µg (2.1%)