



Chicken or Turkey Tetrazzini Deluxe

READY IN



60 min.

SERVINGS



12

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter
- 2 cups chicken broth
- 21.5 ounce cream of mushroom soup canned
- 4 cups chicken breast cooked chopped
- 3 cups mushrooms fresh sliced
- 1 cup bell pepper green minced
- 0.3 teaspoon ground pepper black
- 1 cup onion minced
- 12 servings paprika to taste

- 1 cup parmesan cheese grated
- 16 ounce linguine pasta
- 10 ounce peas green frozen
- 1 teaspoon salt
- 2 cups sharp cheddar cheese shredded
- 0.5 cup cooking sherry
- 1 teaspoon worcestershire sauce

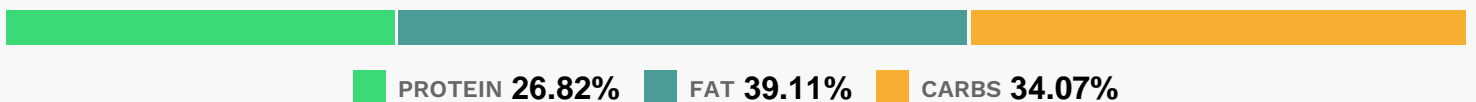
Equipment

- sauce pan
- oven
- pot
- baking pan

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain and set aside.
- Preheat oven to 375 degrees F (190 degrees C).
- Meanwhile, melt butter in a large saucepan over medium heat.
- Add mushrooms, onion and bell pepper and saute until tender. Stir in cream of mushroom soup and chicken broth; cook, stirring, until heated through. Stir in pasta, Cheddar cheese, peas, sherry, Worcestershire sauce, salt, pepper and chicken.
- Mix well and transfer mixture to a lightly greased 11x14 inch baking dish.
- Sprinkle with Parmesan cheese and paprika.
- Bake in the preheated oven for 25 to 35 minutes, or until heated through.

Nutrition Facts



Properties

Glycemic Index:24.53, Glycemic Load:12.97, Inflammation Score:-8, Nutrition Score:21.452608652737%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 476.87kcal (23.84%), Fat: 20.42g (31.41%), Saturated Fat: 11.04g (69.03%), Carbohydrates: 40.01g (13.34%), Net Carbohydrates: 35.96g (13.08%), Sugar: 4.28g (4.76%), Cholesterol: 89.41mg (29.8%), Sodium: 1077.5mg (46.85%), Alcohol: 1.03g (100%), Alcohol %: 0.44% (100%), Protein: 31.5g (62.99%), Selenium: 48.13µg (68.76%), Vitamin B3: 9.26mg (46.28%), Phosphorus: 396.45mg (39.64%), Manganese: 0.72mg (36.19%), Vitamin A: 1720.38IU (34.41%), Vitamin B6: 0.53mg (26.53%), Vitamin C: 21.01mg (25.46%), Calcium: 244.88mg (24.49%), Vitamin B2: 0.41mg (23.89%), Zinc: 3.2mg (21.36%), Copper: 0.4mg (19.84%), Fiber: 4.04g (16.18%), Magnesium: 62.94mg (15.73%), Potassium: 539.37mg (15.41%), Iron: 2.45mg (13.6%), Vitamin B1: 0.2mg (13.08%), Vitamin B5: 1.3mg (12.96%), Folate: 41.3µg (10.33%), Vitamin B12: 0.59µg (9.76%), Vitamin K: 9.98µg (9.51%), Vitamin E: 1.25mg (8.34%), Vitamin D: 0.25µg (1.66%)