



Chicken Tetrazzini

READY IN



45 min.

SERVINGS



6

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce alfredo sauce refrigerated
- ☐ 3.5 ounce mushrooms drained sliced canned
- ☐ 0.5 cup chicken broth
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 10.8 ounce cream of mushroom soup canned undiluted
- ☐ 0.3 cup cooking sherry dry
- ☐ 1 cup parmesan cheese shredded
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 7 ounces vermicelli cooked

☐

0.5 cup slivered almonds toasted

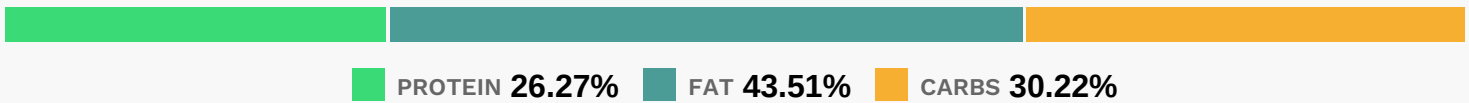
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir together chicken, 1/2 cup Parmesan cheese, and next 7 ingredients; stir in pasta. Spoon mixture into 6 lightly greased 6-ounce baking dishes or an 11- x 7-inch baking dish.
- ☐ Sprinkle with remaining 1/2 cup Parmesan cheese.
- ☐ Bake at 350 for 25 minutes or until thoroughly heated.
- ☐ *Reduce-sodium, reduced-fat cream of mushroom soup and lighit alfredo sauce may be substituted.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:15.94, Inflammation Score:-3, Nutrition Score:14.234347973181%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 484.48kcal (24.22%), Fat: 22.68g (34.9%), Saturated Fat: 8.89g (55.55%), Carbohydrates: 35.45g (11.82%), Net Carbohydrates: 33.28g (12.1%), Sugar: 1.85g (2.05%), Cholesterol: 97.76mg (32.59%), Sodium: 1200.92mg (52.21%), Alcohol: 1.03g (100%), Alcohol %: 0.48% (100%), Protein: 30.81g (61.62%), Selenium: 27.1µg (38.72%),

Phosphorus: 372.32mg (37.23%), Vitamin B3: 6.74mg (33.68%), Manganese: 0.58mg (29.18%), Calcium: 241.8mg (24.18%), Vitamin B2: 0.31mg (18.45%), Zinc: 2.75mg (18.35%), Vitamin B6: 0.36mg (17.76%), Vitamin E: 2.35mg (15.67%), Copper: 0.31mg (15.43%), Magnesium: 57.68mg (14.42%), Iron: 2.08mg (11.58%), Vitamin B5: 1.05mg (10.53%), Potassium: 348.59mg (9.96%), Fiber: 2.17g (8.7%), Vitamin B12: 0.49µg (8.14%), Vitamin B1: 0.11mg (7.17%), Folate: 15.27µg (3.82%), Vitamin A: 159.8IU (3.2%)