



Chicken Tetrazzini

READY IN



20 min.

SERVINGS



12

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chicken broth
- 4 cups chicken breasts cooked chopped
- 10.8 oz cream of celery soup canned
- 10.8 oz cream of chicken soup canned
- 10.8 oz cream of mushroom soup canned
- 6 oz mushrooms drained sliced
- 2 oz parmesan cheese shredded
- 1 teaspoon pepper
- 16 oz vermicelli

- 0.5 teaspoon salt
- 8 oz cheddar cheese shredded
- 8 oz cup heavy whipping cream sour

Equipment

- oven
- pot

Directions

- Cook vermicelli according to package directions; drain. Return to pot, and toss with chicken broth.
- Stir together chicken and next 8 ingredients; add vermicelli, and toss well. Spoon mixture into 2 lightly greased 11- x 7-inch baking dishes.
- Sprinkle evenly with cheese.
- Bake, covered, at 350 for 30 minutes; uncover and bake 5 more minutes or until cheese is melted and bubbly.

Nutrition Facts



PROTEIN 24.83% **FAT 36.88%** **CARBS 38.29%**

Properties

Glycemic Index:18.25, Glycemic Load:18.97, Inflammation Score:-4, Nutrition Score:12.789130400056%

Nutrients (% of daily need)

Calories: 408.4kcal (20.42%), Fat: 16.47g (25.34%), Saturated Fat: 7.87g (49.21%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 37.5g (13.64%), Sugar: 1.55g (1.72%), Cholesterol: 79.22mg (26.41%), Sodium: 931.84mg (40.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.96g (49.91%), Selenium: 28µg (40.01%), Vitamin B3: 7.45mg (37.27%), Phosphorus: 333.65mg (33.37%), Calcium: 236.77mg (23.68%), Manganese: 0.38mg (18.9%), Vitamin B2: 0.29mg (17.08%), Vitamin B6: 0.34mg (16.93%), Zinc: 2.1mg (13.99%), Vitamin B5: 1.18mg (11.79%), Copper: 0.22mg (11.22%), Vitamin A: 472.77IU (9.46%), Vitamin B12: 0.51µg (8.56%), Potassium: 291.74mg (8.34%), Iron: 1.5mg (8.34%), Magnesium: 32.87mg (8.22%), Vitamin K: 6.64µg (6.32%), Vitamin E: 0.85mg (5.65%), Vitamin B1: 0.08mg (5.56%), Fiber: 0.99g (3.97%), Folate: 13.67µg (3.42%), Vitamin D: 0.21µg (1.41%)