

Chicken Tetrazzini

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup chicken broth
- ☐ 8 chicken tenderloins
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 cup mushrooms fresh sliced
- ☐ 1 teaspoon garlic salt
- ☐ 8 servings ground pepper black to taste
- ☐ 1 cup half-and-half
- ☐ 1 bell pepper red chopped

- ☐ 8 servings salt and pepper to taste
- ☐ 8 ounce pasta like spaghetti uncooked
- ☐ 0.5 cup swiss cheese shredded
- ☐ 0.5 bell pepper yellow chopped

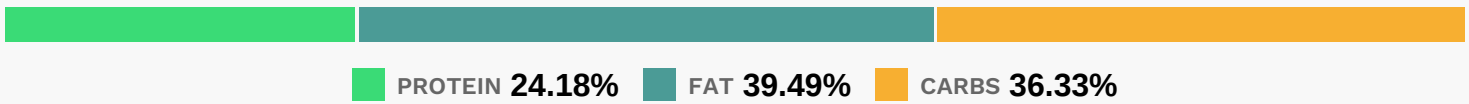
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large non-skillet, saute the tenderloins. Salt and pepper to taste.
- ☐ Add the mushrooms, red bell peppers and yellow bell peppers and cook until vegetables are tender.
- ☐ Cook the spaghetti according to package directions.
- ☐ Drain and set aside.
- ☐ In a large saucepan, melt the butter or margarine and blend in flour. Gradually stir in the chicken broth and half-and-half. Cook over medium low heat, stirring constantly, until the sauce begins to thicken.
- ☐ Add garlic salt and ground black pepper to taste. Blend in the Swiss and Parmesan cheeses and continue heating, stirring constantly, until the cheeses melt.
- ☐ Stir in the chicken/vegetable mixture and heat thoroughly. Toss with the cooked pasta and top with grated Parmesan cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:10.96, Inflammation Score:-7, Nutrition Score:14.169565224129%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 303.28kcal (15.16%), Fat: 13.24g (20.37%), Saturated Fat: 7.39g (46.19%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 25.9g (9.42%), Sugar: 2.95g (3.28%), Cholesterol: 64.7mg (21.57%), Sodium: 731mg (31.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.24g (36.49%), Selenium: 39.31µg (56.16%), Vitamin C: 33.75mg (40.91%), Vitamin B3: 6.57mg (32.85%), Vitamin B6: 0.5mg (25.1%), Phosphorus: 246.71mg (24.67%), Manganese: 0.35mg (17.59%), Vitamin A: 837.13IU (16.74%), Vitamin B2: 0.24mg (13.89%), Vitamin B5: 1.17mg (11.74%), Potassium: 381.31mg (10.89%), Calcium: 107.23mg (10.72%), Magnesium: 38.24mg (9.56%), Zinc: 1.26mg (8.37%), Vitamin B1: 0.12mg (8.14%), Copper: 0.15mg (7.61%), Folate: 26.3µg (6.58%), Vitamin B12: 0.38µg (6.38%), Fiber: 1.51g (6.03%), Iron: 0.94mg (5.21%), Vitamin E: 0.66mg (4.39%), Vitamin K: 2.02µg (1.92%)