



Chicken Tetrazzini

READY IN

ready

95 min.

SERVINGS

servings

8

CALORIES

calories

672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 teaspoons pepper black freshly ground
- ☐ 0.3 cup breadcrumbs dried italian-style
- ☐ 9 tablespoons butter
- ☐ 1 cup chicken broth
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 5 cloves garlic minced
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 1 cup heavy whipping cream room temperature
- ☐ 12 ounces pasta
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion finely chopped
- ☐ 1 cup parmesan grated
- ☐ 0.3 cup parsley leaves fresh italian chopped
- ☐ 0.8 cup peas frozen
- ☐ 2.3 teaspoons salt
- ☐ 4 chicken breasts boneless skinless
- ☐ 1 pound mushrooms white sliced
- ☐ 4 cups milk whole room temperature

Equipment

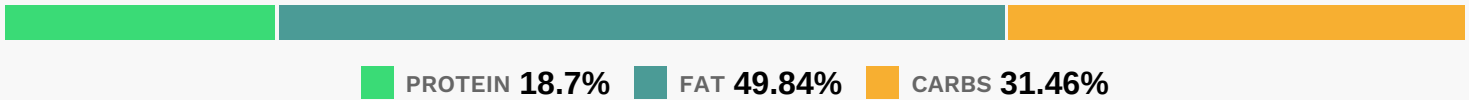
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Spread 1 tablespoon of butter over a 13 by 9 by 2-inch baking dish. Melt 1 tablespoon each of butter and oil in a deep large nonstick frying pan over medium-high heat.
- ☐ Sprinkle the chicken with 1/2 teaspoon each of salt and pepper.
- ☐ Add the chicken to the hot pan and cook until pale golden and just cooked through, about 4 minutes per side.

- ☐ Transfer the chicken to a plate to cool slightly. Coarsely shred the chicken into bite-size pieces and into a large bowl.
- ☐ Meanwhile, add 1 tablespoon each of butter and oil to the same pan.
- ☐ Add the mushrooms and saute over medium-high heat until the liquid from the mushrooms evaporates and the mushrooms become pale golden, about 12 minutes.
- ☐ Add the onion, garlic, and thyme, and saute until the onion is translucent, about 8 minutes.
- ☐ Add the wine and simmer until it evaporates, about 2 minutes.
- ☐ Transfer the mushroom mixture to the bowl with the chicken.
- ☐ Melt 3 more tablespoons butter in the same pan over medium-low heat.
- ☐ Add the flour and whisk for 2 minutes.
- ☐ Whisk in the milk, cream, broth, nutmeg, remaining 1 3/4 teaspoons salt, and remaining 3/4 teaspoon pepper. Increase the heat to high. Cover and bring to a boil. Simmer, uncovered, until the sauce thickens slightly, whisking often, about 10 minutes.
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the linguine and cook until it is tender but still firm to the bite, stirring occasionally, about 9 minutes.
- ☐ Drain.
- ☐ Add the linguine, sauce, peas, and parsley to the chicken mixture. Toss until the sauce coats the pasta and the mixture is well blended.
- ☐ Transfer the pasta mixture to the prepared baking dish. Stir the cheese and breadcrumbs in a small bowl to blend.
- ☐ Sprinkle the cheese mixture over the pasta. Dot with the remaining 3 tablespoons of butter.
- ☐ Bake, uncovered, until golden brown on top and the sauce bubbles, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:69.92, Glycemic Load:19.58, Inflammation Score:-9, Nutrition Score:27.185652110888%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 672.03kcal (33.6%), Fat: 36.87g (56.72%), Saturated Fat: 20.3g (126.87%), Carbohydrates: 52.36g (17.45%), Net Carbohydrates: 48.73g (17.72%), Sugar: 11.21g (12.45%), Cholesterol: 127.37mg (42.46%), Sodium: 1218.44mg (52.98%), Alcohol: 1.54g (100%), Alcohol %: 0.45% (100%), Protein: 31.13g (62.26%), Selenium: 59.78µg (85.4%), Phosphorus: 519.42mg (51.94%), Vitamin B3: 9.83mg (49.13%), Vitamin B2: 0.67mg (39.51%), Vitamin K: 39.93µg (38.03%), Vitamin B6: 0.73mg (36.38%), Calcium: 363.53mg (36.35%), Manganese: 0.7mg (35.11%), Vitamin A: 1449.52IU (28.99%), Vitamin B5: 2.56mg (25.57%), Potassium: 827.06mg (23.63%), Vitamin B1: 0.33mg (22.12%), Copper: 0.4mg (19.88%), Magnesium: 79.03mg (19.76%), Vitamin B12: 1.04µg (17.28%), Zinc: 2.54mg (16.93%), Vitamin C: 13.35mg (16.19%), Fiber: 3.62g (14.49%), Vitamin D: 2.05µg (13.67%), Folate: 51.16µg (12.79%), Iron: 2.24mg (12.46%), Vitamin E: 1.45mg (9.66%)