



Chicken Tetrazzini

READY IN



45 min.

SERVINGS



6

CALORIES



1501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 0.7 cup celery finely chopped
- ☐ 1.5 pounds chicken breast cooked chopped
- ☐ 0.5 cup cooking sherry dry
- ☐ 43.5 ounce less-sodium chicken broth fat-free canned
- ☐ 0.7 cup flour all-purpose
- ☐ 24 ounce pre mushrooms
- ☐ 1 cup onion finely chopped
- ☐ 9 ounces parmesan cheese fresh divided grated

- ☐ 7 cups vermicelli hot cooked uncooked (1 pound pasta)
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon butter unsalted
- ☐ 1 ounce bread white

Equipment

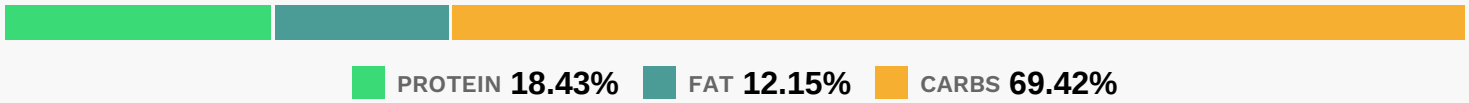
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Melt butter in a large stockpot over medium-high heat.
- ☐ Add onion, celery, black pepper, salt, and mushrooms; saut 4 minutes or until mushrooms are tender.
- ☐ Add sherry; cook 1 minute.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife. Gradually add flour to pan; cook 3 minutes, stirring constantly (mixture will be thick) with a whisk. Gradually add broth, stirring constantly. Bring to a boil. Reduce heat; simmer 5 minutes, stirring frequently.
- ☐ Remove from heat.
- ☐ Add 1 cups Parmesan cheese and cream cheese, stirring with a whisk until cream cheese melts.
- ☐ Add pasta and chicken; stir until blended. Divide pasta mixture between 2 (8-inch-square) glass or ceramic baking dishes coated with cooking spray.

- ☐ Place bread in food processor; pulse 10 times or until coarse crumbs form.
- ☐ Combine breadcrumbs and cup Parmesan cheese; sprinkle evenly over pasta.
- ☐ Bake at 350 for 30 minutes or until lightly browned and bubbly.
- ☐ Remove casserole from oven; let stand 15 minutes.
- ☐ To freeze unbaked casserole: Prepare through Step Cool completely in refrigerator. Cover with plastic wrap, pressing to remove as much air as possible. Wrap with heavy-duty foil. Store in freezer for up to 2 months.
- ☐ To prepare frozen unbaked casserole: Thaw casserole completely in refrigerator (about 24 hours). Preheat oven to 35
- ☐ Remove foil; reserve foil.
- ☐ Remove plastic wrap; discard wrap. Cover casserole with reserved foil; bake at 350 for 30 minutes. Uncover and bake an additional 1 hour or until golden and bubbly.
- ☐ Let stand 15 minutes.

Nutrition Facts



Properties

Glycemic Index:62.13, Glycemic Load:141.92, Inflammation Score:-7, Nutrition Score:37.52347794823%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 1500.99kcal (75.05%), Fat: 19.57g (30.1%), Saturated Fat: 9.88g (61.76%), Carbohydrates: 251.54g (83.85%), Net Carbohydrates: 244.81g (89.02%), Sugar: 4.66g (5.18%), Cholesterol: 130.32mg (43.44%), Sodium: 2244.87mg (97.6%), Alcohol: 2.06g (100%), Alcohol %: 0.31% (100%), Protein: 66.8g (133.6%), Selenium: 103.65µg (148.07%), Vitamin B3: 22.65mg (113.26%), Phosphorus: 1131.43mg (113.14%), Manganese: 1.7mg (85.13%), Calcium:

608.01mg (60.8%), Vitamin B2: 0.91mg (53.78%), Vitamin B6: 0.97mg (48.44%), Copper: 0.73mg (36.44%), Vitamin B5: 3.53mg (35.34%), Zinc: 5.2mg (34.7%), Iron: 5.28mg (29.31%), Vitamin B1: 0.44mg (29.12%), Fiber: 6.73g (26.92%), Magnesium: 107.69mg (26.92%), Potassium: 941.1mg (26.89%), Vitamin B12: 1.36µg (22.6%), Folate: 77.21µg (19.3%), Vitamin A: 466.57IU (9.33%), Vitamin C: 4.7mg (5.7%), Vitamin K: 5.16µg (4.92%), Vitamin D: 0.59µg (3.92%), Vitamin E: 0.52mg (3.48%)