



## Chicken Tetrazzini II

READY IN



45 min.

SERVINGS



6

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter
- 4.5 ounce mushrooms sliced canned
- 1 stalk celery
- 12 ounce extra wide egg noodles cooked drained
- 0.3 cup cornflakes cereal
- 0.3 cup cooking sherry dry
- 12 fluid ounce evaporated milk canned
- 1 pinch ground pepper black
- 1 pinch paprika

- 8 ounces processed cheese food (eg. Velveeta)
- 1 pinch salt
- 2 chicken breast halves boneless skinless

## Equipment

- frying pan
- oven
- glass baking pan

## Directions

- Boil chicken breasts and celery in 4 cups of water for about 30 minutes.
- Remove from heat and remove chicken from water to cool. When chicken is cooled, shred and set aside.
- In a large skillet, melt butter or margarine.
- Drain mushrooms, reserving liquid, and add to skillet.
- Heat thoroughly, seasoning with salt and pepper.
- Add evaporated milk, reserved mushroom liquid and sherry, stirring well.
- Add cheese a few slices at a time until thoroughly melted and blended.
- Add shredded chicken and bring to a slow boil.
- Preheat oven to 350 degrees (175 C). Grease a 9x13x2 glass baking dish. Put in noodles at about a 1 1/2 inch depth and pour chicken mixture over noodles. Stir to coat. Top with cornflake crumbs and paprika, cover dish and bake for 25 minutes. Uncover dish and bake for 5 more minutes.
- Serve warm.

## Nutrition Facts

 PROTEIN **18.01%**  FAT **62.29%**  CARBS **19.7%**

## Properties

Glycemic Index:36.83, Glycemic Load:7.26, Inflammation Score:-7, Nutrition Score:16.449130452198%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 498.33kcal (24.92%), Fat: 34.06g (52.4%), Saturated Fat: 19.73g (123.3%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 22.89g (8.33%), Sugar: 7.86g (8.73%), Cholesterol: 136.17mg (45.39%), Sodium: 973.82mg (42.34%), Alcohol: 1.37g (100%), Alcohol %: 0.69% (100%), Protein: 22.16g (44.31%), Calcium: 568.97mg (56.9%), Selenium: 35.8µg (51.14%), Phosphorus: 508.38mg (50.84%), Vitamin B3: 4.89mg (24.46%), Vitamin B2: 0.36mg (21.12%), Vitamin A: 1053.55IU (21.07%), Vitamin B6: 0.4mg (20.23%), Vitamin B12: 0.88µg (14.64%), Zinc: 2.19mg (14.61%), Vitamin B5: 1.43mg (14.34%), Magnesium: 51.87mg (12.97%), Potassium: 451.33mg (12.9%), Manganese: 0.25mg (12.42%), Iron: 1.39mg (7.74%), Vitamin B1: 0.11mg (7.42%), Copper: 0.15mg (7.4%), Vitamin E: 1.03mg (6.87%), Folate: 23.06µg (5.76%), Fiber: 1.35g (5.38%), Vitamin K: 4.78µg (4.56%), Vitamin D: 0.46µg (3.1%), Vitamin C: 2.03mg (2.46%)