



Chicken Tetrazzini IV

READY IN



60 min.

SERVINGS



4

CALORIES



730 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 4.5 ounce mushrooms drained sliced canned
- 1 cup chicken broth
- 2 cups meat from a rotisserie chicken cooked chopped
- 0.3 cup flour all-purpose
- 0.3 teaspoon ground pepper black
- 1 cup heavy cream
- 0.5 cup parmesan cheese grated
- 0.8 teaspoon salt

- 2 tablespoons cooking sherry
- 8 ounce pasta like spaghetti

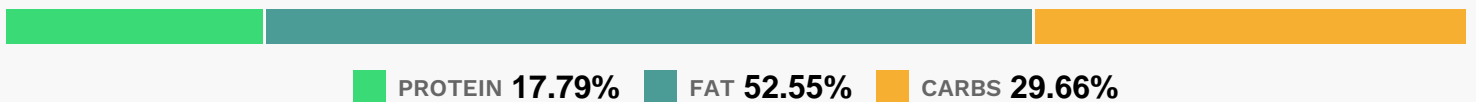
Equipment

- sauce pan
- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- Bring a large pot of lightly salted water to a boil.
- Add spaghetti, and cook for 8 to 10 minutes, or until al dente; drain.
- Meanwhile, in a large saucepan, melt butter over low heat. Stir in flour, salt, and pepper. Cook, stirring, until smooth.
- Remove from heat, and gradually stir in chicken broth and cream.
- Return to heat, and bring to a low boil for 1 minute, stirring constantly.
- Add sherry, then stir in cooked spaghetti, mushrooms, and chicken.
- Pour mixture into the prepared baking dish, and top with Parmesan cheese.
- Bake 30 minutes in the preheated oven, until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:21.38, Inflammation Score:-7, Nutrition Score:19.220434953337%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 730.3kcal (36.52%), Fat: 42.28g (65.04%), Saturated Fat: 24.37g (152.33%), Carbohydrates: 53.7g (17.9%), Net Carbohydrates: 50.88g (18.5%), Sugar: 4.36g (4.85%), Cholesterol: 162.29mg (54.1%), Sodium: 1172.04mg (50.96%), Alcohol: 0.77g (100%), Alcohol %: 0.31% (100%), Protein: 32.21g (64.42%), Selenium: 63.56µg (90.8%), Phosphorus: 392.11mg (39.21%), Vitamin B3: 7.64mg (38.21%), Manganese: 0.68mg (33.83%), Vitamin A: 1367.88IU (27.36%), Vitamin B2: 0.38mg (22.24%), Vitamin B6: 0.43mg (21.29%), Zinc: 2.9mg (19.32%), Calcium: 182.01mg (18.2%), Copper: 0.31mg (15.63%), Magnesium: 61.64mg (15.41%), Vitamin B5: 1.44mg (14.36%), Vitamin B1: 0.21mg (14.11%), Iron: 2.39mg (13.3%), Potassium: 436.82mg (12.48%), Fiber: 2.82g (11.29%), Folate: 35.48µg (8.87%), Vitamin B12: 0.5µg (8.38%), Vitamin D: 1.08µg (7.19%), Vitamin E: 1.04mg (6.9%), Vitamin K: 3.42µg (3.26%)