



Chicken Tetrazzini with Almonds

READY IN



45 min.

SERVINGS



6

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 pound chicken breast cooked chopped
- ☐ 4 cups pasta like spaghetti hot cooked uncooked (8 ounces pasta)
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 cups milk 2% reduced-fat
- ☐ 2 cups pre mushrooms
- ☐ 0.5 cup parmesan cheese grated

- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots chopped
- ☐ 0.3 cup cooking sherry
- ☐ 0.5 cup slivered almonds toasted
- ☐ 1 tablespoon stick margarine

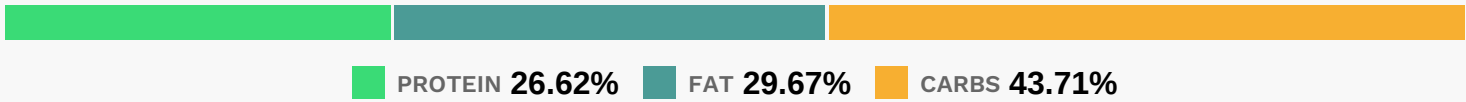
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Melt butter in a saucepan over medium heat.
- ☐ Add mushrooms and shallots; saut 5 minutes. Stir in flour. Gradually add milk, broth, and sherry; stir with a whisk until blended. Bring to a boil; reduce heat. Simmer 8 minutes; stir constantly. Stir in chicken and 1/2 cup cheese; cook 1 minute.
- ☐ Remove from heat; add pasta, nuts, salt, pepper, and nutmeg. Spoon into a 3-quart casserole coated with cooking spray; top with 2 tablespoons cheese.
- ☐ Bake at 350 for 40 minutes.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:52.08, Glycemic Load:17.78, Inflammation Score:-6, Nutrition Score:18.566956377548%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 415.11kcal (20.76%), Fat: 13.39g (20.59%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 44.36g (14.79%), Net Carbohydrates: 40.68g (14.79%), Sugar: 6.58g (7.32%), Cholesterol: 47.12mg (15.71%), Sodium: 674.21mg (29.31%), Alcohol: 1.37g (100%), Alcohol %: 0.47% (100%), Protein: 27.02g (54.03%), Selenium: 48.04µg (68.63%), Vitamin B3: 7.99mg (39.93%), Phosphorus: 371.96mg (37.2%), Manganese: 0.67mg (33.5%), Vitamin B2: 0.53mg (31.08%), Calcium: 230.7mg (23.07%), Vitamin B6: 0.41mg (20.56%), Magnesium: 73.22mg (18.31%), Copper: 0.35mg (17.57%), Vitamin E: 2.63mg (17.51%), Iron: 2.74mg (15.24%), Zinc: 2.23mg (14.89%), Fiber: 3.68g (14.72%), Vitamin B5: 1.46mg (14.63%), Potassium: 510.03mg (14.57%), Vitamin B12: 0.85µg (14.12%), Vitamin B1: 0.19mg (12.66%), Folate: 39.01µg (9.75%), Vitamin A: 264.27IU (5.29%), Vitamin C: 1.62mg (1.97%), Vitamin D: 0.15µg (1.01%)