



Chicken Tetrazzini with Broccoli

READY IN



45 min.

SERVINGS



8

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 4 cups broccoli florets (2 bunches)
- ☐ 3 cups chicken stock see
- ☐ 4 cups meat from a rotisserie chicken cooked chopped
- ☐ 1 teaspoon basil dried
- ☐ 0.3 cup breadcrumbs dry
- ☐ 2 tablespoons cooking sherry dry
- ☐ 0.5 cup flour all-purpose
- ☐ 2 garlic cloves crushed

- ☐ 1 cup milk 2% reduced-fat
- ☐ 8 ounces mushrooms sliced
- ☐ 1 teaspoon oregano dried
- ☐ 3 ounces parmesan cheese fresh shredded grated
- ☐ 0.8 teaspoon salt
- ☐ 12 ounces pasta like spaghetti uncooked
- ☐ 2 tablespoons stick margarine

Equipment

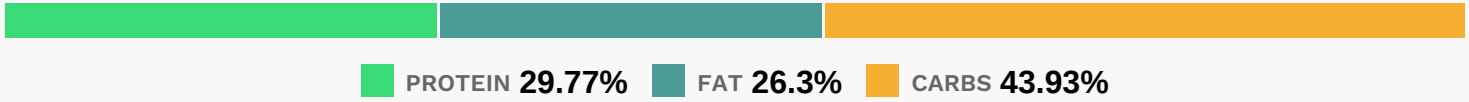
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Cook broccoli in boiling water 5 minutes or until tender; remove broccoli with a slotted spoon, and drain. Return water to a boil; add spaghetti. Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain; set aside.
- ☐ Preheat oven to 45
- ☐ Melt the butter in a large nonstick skillet over medium-high heat.
- ☐ Add the mushrooms, oregano, basil, and garlic; saute 4 minutes. Lightly spoon flour into a dry measuring cup; level with a knife. Stir flour into mushroom mixture. Gradually add Chicken Stock and milk; stir well with a whisk. Bring to a boil, and cook 5 minutes or until thick, stirring occasionally.
- ☐ Add cheese, sherry, salt, and pepper; stir well.
- ☐ Remove from heat, and stir in chicken.

- ☐ Arrange 3 cups spaghetti in a 13 x 9-inch baking dish coated with cooking spray. Top with 2 cups broccoli and half of chicken mixture. Repeat layers.
- ☐ Sprinkle with breadcrumbs.
- ☐ Bake at 450 for 15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:18.06, Inflammation Score:-8, Nutrition Score:24.45130433207%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 458.77kcal (22.94%), Fat: 13.21g (20.32%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 49.66g (16.55%), Net Carbohydrates: 46.29g (16.83%), Sugar: 5.76g (6.4%), Cholesterol: 64.79mg (21.6%), Sodium: 662.57mg (28.81%), Alcohol: 0.39g (100%), Alcohol %: 0.15% (100%), Protein: 33.65g (67.3%), Selenium: 56.61µg (80.86%), Vitamin C: 41.67mg (50.51%), Vitamin B3: 9.75mg (48.73%), Vitamin K: 50.89µg (48.47%), Phosphorus: 411.84mg (41.18%), Manganese: 0.65mg (32.37%), Vitamin B2: 0.52mg (30.58%), Vitamin B6: 0.56mg (27.78%), Calcium: 220.76mg (22.08%), Potassium: 663.74mg (18.96%), Vitamin B1: 0.28mg (18.71%), Zinc: 2.69mg (17.94%), Copper: 0.36mg (17.8%), Vitamin B5: 1.77mg (17.68%), Folate: 70.35µg (17.59%), Magnesium: 66.33mg (16.58%), Iron: 2.91mg (16.19%), Fiber: 3.37g (13.47%), Vitamin A: 565.64IU (11.31%), Vitamin B12: 0.51µg (8.56%), Vitamin E: 0.65mg (4.3%)