



Chicken Tetrazzini With Caramelized Onions

READY IN



30 min.

SERVINGS



6

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz alfredo sauce refrigerated
- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 tablespoons butter
- ☐ 4 oz mushrooms drained sliced canned
- ☐ 0.5 cup chicken broth
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 0.3 cup cooking sherry dry
- ☐ 4 oz parmesan cheese shredded

- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 7 oz vermicelli
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup slivered almonds
- ☐ 1 large onion diced sweet

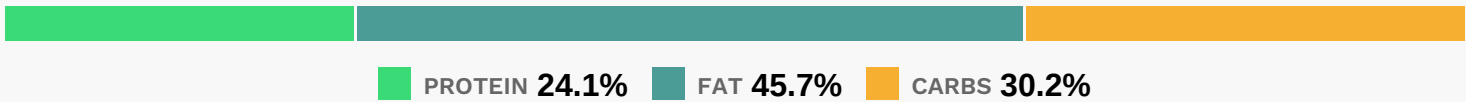
Equipment

- ☐ frying pan
- ☐ oven
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Melt butter in a large skillet over medium heat; add onion, and saut 20 minutes or until caramel colored. Stir in balsamic vinegar, salt, and 1/8 tsp. pepper.
- ☐ Preheat oven to 35
- ☐ Prepare pasta according to package directions.
- ☐ Meanwhile, stir together chicken, 1/2 cup Parmesan cheese, and next 6 ingredients; stir in pasta and caramelized onion. Spoon mixture into 6 lightly greased 8-oz. ramekins or a lightly greased 11- x 7-inch baking dish.
- ☐ Sprinkle with almonds and remaining 1/2 cup Parmesan cheese.
- ☐ Bake at 350 for 35 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:16.19, Inflammation Score:-5, Nutrition Score:16.019565235014%

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: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

Nutrients (% of daily need)

Calories: 547.39kcal (27.37%), Fat: 27.1g (41.69%), Saturated Fat: 11.66g (72.84%), Carbohydrates: 40.29g (13.43%), Net Carbohydrates: 37.56g (13.66%), Sugar: 5.09g (5.66%), Cholesterol: 109.31mg (36.44%), Sodium: 1378.67mg (59.94%), Alcohol: 1.03g (100%), Alcohol %: 0.38% (100%), Protein: 32.15g (64.3%), Phosphorus: 405.96mg (40.6%), Selenium: 28.03µg (40.04%), Vitamin B3: 6.86mg (34.28%), Manganese: 0.64mg (31.85%), Calcium: 281.62mg (28.16%), Vitamin B6: 0.43mg (21.53%), Vitamin B2: 0.33mg (19.66%), Zinc: 2.91mg (19.4%), Copper: 0.35mg (17.36%), Vitamin E: 2.48mg (16.51%), Magnesium: 64.47mg (16.12%), Iron: 2.29mg (12.72%), Potassium: 424.02mg (12.11%), Vitamin B5: 1.14mg (11.42%), Fiber: 2.74g (10.95%), Vitamin B1: 0.13mg (8.89%), Vitamin B12: 0.52µg (8.72%), Folate: 28.55µg (7.14%), Vitamin A: 294.64IU (5.89%), Vitamin C: 2.65mg (3.21%), Vitamin K: 1.06µg (1.01%)