



Chicken Tetrazzini With Marsala and Fresh Mushrooms

READY IN



15 min.

SERVINGS



6

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz alfredo sauce refrigerated
- ☐ 2 tablespoons butter
- ☐ 0.5 cup chicken broth
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 8 oz mushrooms fresh sliced
- ☐ 0.3 cup plum brandy dry
- ☐ 4 oz parmesan shredded

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 7 oz vermicelli
- ☐ 0.5 cup slivered almonds

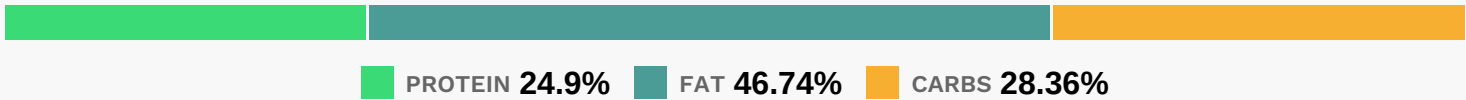
Equipment

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

Directions

- ☐ Melt butter in a large skillet over medium-high heat; add mushrooms, and saut 4 to 5 minutes or until tender.
- ☐ Preheat oven to 35
- ☐ Prepare pasta according to package directions.
- ☐ Meanwhile, stir together mushrooms, chicken, 1/2 cup Parmesan cheese, and next 5 ingredients; stir in pasta. 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:34.83, Glycemic Load:16.19, Inflammation Score:-4, Nutrition Score:16.386521684087%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg

Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg
Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Eriodictyol: 0.02mg,
Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin:
0.04mg, Naringenin: 0.04mg 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: 0.23mg,
Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 538.68kcal (26.93%), Fat: 27.12g (41.73%), Saturated Fat: 11.67g (72.91%), Carbohydrates: 37.03g (12.34%),
Net Carbohydrates: 34.87g (12.68%), Sugar: 2.91g (3.24%), Cholesterol: 109.31mg (36.44%), Sodium: 1198.71mg
(52.12%), Alcohol: 1.53g (100%), Alcohol %: 0.64% (100%), Protein: 32.52g (65.04%), Selenium: 30.53µg (43.61%),
Phosphorus: 409.63mg (40.96%), Vitamin B3: 7.86mg (39.28%), Manganese: 0.59mg (29.39%), Vitamin B2:
0.47mg (27.73%), Calcium: 268.57mg (26.86%), Copper: 0.39mg (19.74%), Zinc: 2.89mg (19.27%), Vitamin B6:
0.38mg (19.08%), Vitamin E: 2.47mg (16.44%), Vitamin B5: 1.5mg (14.99%), Magnesium: 59.57mg (14.89%),
Potassium: 452.73mg (12.94%), Iron: 2.16mg (11.99%), Vitamin B12: 0.54µg (8.97%), Fiber: 2.15g (8.62%), Vitamin B1:
0.13mg (8.43%), Vitamin A: 293.86IU (5.88%), Folate: 19.91µg (4.98%), Vitamin D: 0.17µg (1.13%)