



Chicken Tetrazzini with Peas

READY IN



55 min.

SERVINGS



6

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 oz pasta like spaghetti
- ☐ 2 cups peas sweet frozen (from 1-lb bag)
- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup chicken broth (from 32-oz carton)
- ☐ 1 cup whipping cream
- ☐ 2 tablespoons sherry dry

- ☐ 2 cups rotisserie chicken cut cubed (from 2- to 2 1/2-lb chicken)
- ☐ 4.5 oz mushrooms drained sliced
- ☐ 0.5 cup parmesan cheese grated

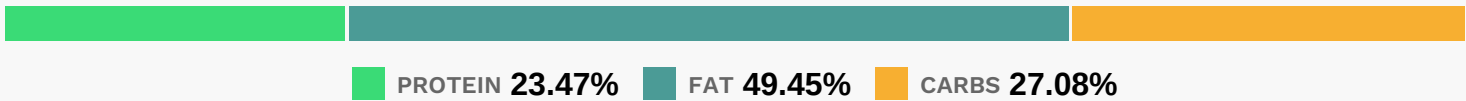
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Cook and drain spaghetti as directed on package, adding peas during last 3 minutes of cooking.
- ☐ Meanwhile, in 3-quart saucepan, melt butter over low heat. Stir in flour, salt and pepper. Cook, stirring constantly, until mixture is smooth and bubbly; remove from heat.
- ☐ Stir in broth and whipping cream.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in sherry, spaghetti and peas, chicken and mushrooms.
- ☐ Into ungreased 2-quart casserole, pour spaghetti mixture.
- ☐ Sprinkle with cheese.
- ☐ Bake uncovered about 30 minutes or until bubbly in center.

Nutrition Facts



Properties

Glycemic Index:40.06, Glycemic Load:14.85, Inflammation Score:-8, Nutrition Score:14.492173951605%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 575.21kcal (28.76%), Fat: 31.61g (48.63%), Saturated Fat: 13.86g (86.6%), Carbohydrates: 38.94g (12.98%), Net Carbohydrates: 34.75g (12.64%), Sugar: 5.45g (6.06%), Cholesterol: 128.56mg (42.85%), Sodium: 864.32mg (37.58%), Alcohol: 0.51g (100%), Alcohol %: 0.23% (100%), Protein: 33.76g (67.51%), Selenium: 29.79µg (42.56%), Manganese: 0.59mg (29.47%), Vitamin A: 1364.5IU (27.29%), Vitamin C: 20.04mg (24.29%), Phosphorus: 219.23mg (21.92%), Vitamin B2: 0.33mg (19.16%), Fiber: 4.19g (16.75%), Vitamin B1: 0.24mg (15.74%), Vitamin B3: 2.77mg (13.87%), Copper: 0.27mg (13.54%), Folate: 52.76µg (13.19%), Vitamin K: 13.6µg (12.96%), Calcium: 125.64mg (12.56%), Zinc: 1.7mg (11.36%), Magnesium: 43.56mg (10.89%), Potassium: 333.61mg (9.53%), Iron: 1.62mg (8.98%), Vitamin B6: 0.18mg (8.86%), Vitamin B5: 0.68mg (6.77%), Vitamin E: 0.82mg (5.48%), Vitamin D: 0.72µg (4.79%), Vitamin B12: 0.2µg (3.36%)