



Chicken Tetrazzini With Prosciutto and Peas

READY IN



13 min.

SERVINGS



6

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz alfredo sauce refrigerated
- ☐ 1 cup peas frozen english thawed
- ☐ 4 oz mushrooms drained sliced canned
- ☐ 0.5 cup chicken broth
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 0.3 cup wine dry white dry
- ☐ 4 oz parmesan shredded
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 3 ounces pancetta finely chopped
- ☐ 7 oz vermicelli
- ☐ 0.5 cup slivered almonds
- ☐ 2 teaspoons vegetable oil

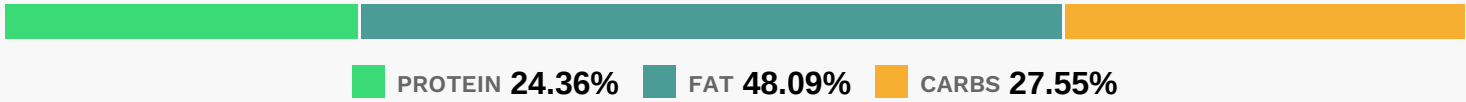
Equipment

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

Directions

- ☐ Saut prosciutto in hot vegetable oil in a small skillet over medium-high heat 2 to 3 minutes or until crisp.
- ☐ 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 prosciutto, pasta, and peas. 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:31.06, Glycemic Load:16.89, Inflammation Score:-5, Nutrition Score:18.29260883124%

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 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
Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg 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: 585.77kcal (29.29%), Fat: 30.49g (46.9%), Saturated Fat: 11.39g (71.17%), Carbohydrates: 39.31g (13.1%),
Net Carbohydrates: 35.7g (12.98%), Sugar: 3.29g (3.66%), Cholesterol: 108.63mg (36.21%), Sodium: 1341.78mg
(58.34%), Alcohol: 1.03g (100%), Alcohol %: 0.41% (100%), Protein: 34.75g (69.5%), Selenium: 30.99µg (44.27%),
Phosphorus: 435.89mg (43.59%), Vitamin B3: 7.85mg (39.27%), Manganese: 0.69mg (34.33%), Calcium: 275.25mg
(27.52%), Zinc: 3.3mg (21.98%), Vitamin B6: 0.44mg (21.86%), Vitamin B2: 0.36mg (21.46%), Copper: 0.36mg
(18.17%), Magnesium: 68.69mg (17.17%), Vitamin E: 2.57mg (17.14%), Fiber: 3.61g (14.43%), Vitamin B1: 0.21mg
(14.25%), Iron: 2.53mg (14.08%), Potassium: 440.72mg (12.59%), Vitamin B5: 1.19mg (11.86%), Vitamin C: 9.67mg
(11.72%), Vitamin B12: 0.59µg (9.76%), Vitamin K: 9.25µg (8.81%), Folate: 31.42µg (7.86%), Vitamin A: 367.36IU
(7.35%), Vitamin D: 0.19µg (1.26%)