



Chicken Tetrazzini With White Cheddar and Green Chiles

READY IN



10 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz alfredo sauce refrigerated
- ☐ 9 oz chiles green undrained chopped 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 wine dry white dry
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 7 oz vermicelli

- ☐ 0.5 cup slivered almonds
- ☐ 4 oz cheddar cheese shredded white

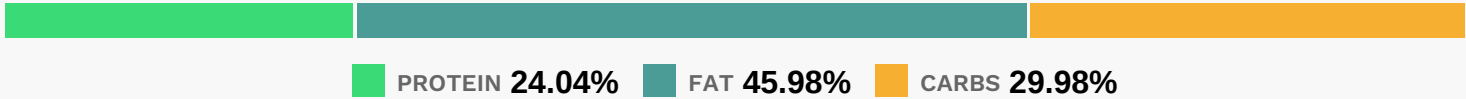
Equipment

- ☐ oven
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Prepare pasta according to package directions.
- ☐ Meanwhile, stir together chicken, 1/2 cup white Cheddar cheese, and next 6 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 white Cheddar cheese.
- ☐ Bake at 350 for 35 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:15.92, Inflammation Score:-4, Nutrition Score:15.249130430429%

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, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 501.06kcal (25.05%), Fat: 24.87g (38.26%), Saturated Fat: 9.79g (61.17%), Carbohydrates: 36.49g (12.16%), Net Carbohydrates: 33.99g (12.36%), Sugar: 1.39g (1.55%), Cholesterol: 105.33mg (35.11%), Sodium: 1156.07mg (50.26%), Alcohol: 1.03g (100%), Alcohol %: 0.43% (100%), Protein: 29.25g (58.5%), Selenium: 28.15µg (40.22%), Phosphorus: 336.98mg (33.7%), Vitamin B3: 6.7mg (33.52%), Manganese: 0.57mg (28.39%), Vitamin B2: 0.35mg (20.64%), Vitamin B6: 0.39mg (19.7%), Zinc: 2.91mg (19.38%), Calcium: 191.58mg (19.16%), Vitamin C: 14.54mg (17.63%), Vitamin E: 2.45mg (16.36%), Magnesium: 54.67mg (13.67%), Copper: 0.27mg (13.53%), Iron: 2.41mg (13.4%), Potassium: 374.53mg (10.7%), Fiber: 2.5g (10%), Folate: 39.05µg (9.76%), Vitamin B5: 0.96mg (9.57%), Vitamin B12: 0.49µg (8.14%), Vitamin B1: 0.1mg (6.45%), Vitamin A: 272.59IU (5.45%)