



Classic Chicken Tetrazzini

READY IN



55 min.

SERVINGS



10

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter
- 4 cups roasted chicken diced cooked
- 2 tablespoons chicken soup base
- 0.5 cup wine dry white
- 0.5 cup flour all-purpose
- 4 cups milk
- 6 oz mushrooms drained sliced
- 2 cups parmesan cheese divided freshly grated
- 1 teaspoon pepper

- 8 oz vermicelli
- 0.8 cup slivered almonds

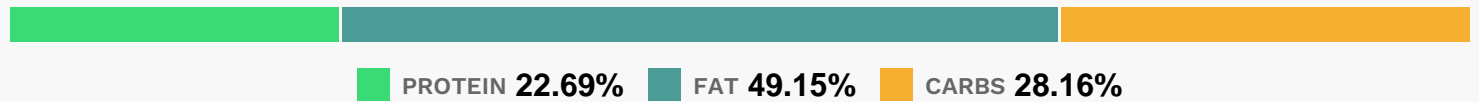
Equipment

- oven
- whisk
- baking pan
- dutch oven

Directions

- Preheat oven to 35
- Prepare pasta according to package directions.
- Meanwhile, melt butter in a Dutch oven over low heat; whisk in flour until smooth. Cook 1 minute, whisking constantly. Gradually whisk in milk and wine; cook over medium heat, whisking constantly, 8 to 10 minutes or until mixture is thickened and bubbly.
- Whisk in bouillon granules, seasoned pepper, and 1 cup Parmesan cheese.
- Remove from heat; stir in diced cooked chicken, sliced mushrooms, and hot cooked pasta.
- Spoon mixture into a lightly greased 13- x 9-inch baking dish; sprinkle with slivered almonds and remaining 1 cup Parmesan cheese.
- Bake at 350 for 35 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:16.19, Inflammation Score:-6, Nutrition Score:16.436087056347%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol:

0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg
Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.21mg,
Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg,
Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin:
0.03mg

Nutrients (% of daily need)

Calories: 486.62kcal (24.33%), Fat: 26.07g (40.11%), Saturated Fat: 12.16g (76%), Carbohydrates: 33.62g (11.21%),
Net Carbohydrates: 31.85g (11.58%), Sugar: 5.71g (6.35%), Cholesterol: 95.64mg (31.88%), Sodium: 783.79mg
(34.08%), Alcohol: 1.24g (100%), Alcohol %: 0.62% (100%), Protein: 27.09g (54.18%), Selenium: 30.5µg (43.58%),
Phosphorus: 434.8mg (43.48%), Calcium: 337.45mg (33.74%), Vitamin B3: 5.9mg (29.51%), Vitamin B2: 0.49mg
(28.93%), Manganese: 0.42mg (21.01%), Zinc: 2.7mg (17.99%), Vitamin B6: 0.35mg (17.41%), Vitamin E: 2.5mg
(16.67%), Vitamin B12: 0.99µg (16.48%), Magnesium: 60.3mg (15.07%), Vitamin B5: 1.33mg (13.32%), Potassium:
455.39mg (13.01%), Vitamin A: 638.9IU (12.78%), Vitamin B1: 0.18mg (12.24%), Copper: 0.21mg (10.41%), Iron: 1.67mg
(9.26%), Vitamin D: 1.21µg (8.05%), Fiber: 1.76g (7.06%), Folate: 23.39µg (5.85%), Vitamin K: 1.82µg (1.73%)