

Kristi's Tetrazzini

READY IN



45 min.

SERVINGS



8

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 broccoli fresh minced
- ☐ 3 stalks celery chopped
- ☐ 21.5 ounce cream of chicken soup canned
- ☐ 1 cup mushrooms fresh sliced
- ☐ 8 servings ground pepper black to taste
- ☐ 1 onion chopped
- ☐ 1 pinch paprika
- ☐ 8 servings salt to taste
- ☐ 1 pinch lawry's seasoned salt

- ☐ 0.3 cup cheddar cheese shredded
- ☐ 0.3 cup mozzarella cheese shredded
- ☐ 4 chicken breast halves boneless skinless
- ☐ 12 ounce wide egg noodles

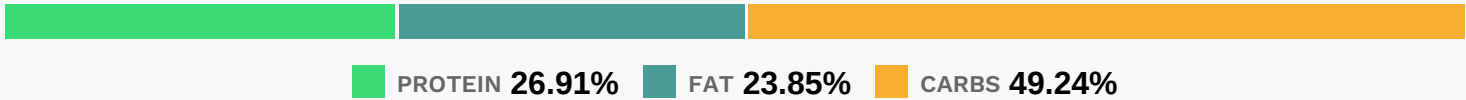
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Coat a 13x9 inch baking dish with cooking spray.
- ☐ In a 3 quart saucepan, boil chicken for about 30 minutes.
- ☐ Drain, and cut into bite sized pieces.
- ☐ Meanwhile, cook pasta according to directions.
- ☐ Drain.
- ☐ In a large bowl, mix together cream of chicken soup, broccoli, celery, sliced mushrooms, seasoned salt, salt, pepper, and onion. Stir in pasta and chicken pieces.
- ☐ Spread mixture into the prepared baking dish.
- ☐ Sprinkle with shredded cheese and paprika.
- ☐ Bake for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:38.88, Glycemic Load:17.52, Inflammation Score:-9, Nutrition Score:31.569565176964%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 12.04mg, Kaempferol: 12.04mg, Kaempferol: 12.04mg, Kaempferol: 12.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

Nutrients (% of daily need)

Calories: 383.39kcal (19.17%), Fat: 10.38g (15.97%), Saturated Fat: 3.45g (21.54%), Carbohydrates: 48.21g (16.07%), Net Carbohydrates: 42.23g (15.36%), Sugar: 4.87g (5.41%), Cholesterol: 84.27mg (28.09%), Sodium: 916.33mg (39.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.35g (52.71%), Vitamin C: 138.07mg (167.36%), Vitamin K: 163.28µg (155.5%), Selenium: 59.68µg (85.26%), Vitamin B3: 8.56mg (42.8%), Vitamin B6: 0.83mg (41.27%), Manganese: 0.8mg (39.84%), Phosphorus: 391.74mg (39.17%), Folate: 122.94µg (30.73%), Potassium: 934.73mg (26.71%), Vitamin A: 1262.31IU (25.25%), Vitamin B5: 2.46mg (24.65%), Fiber: 5.98g (23.91%), Vitamin B2: 0.39mg (23.17%), Magnesium: 80.28mg (20.07%), Copper: 0.37mg (18.27%), Iron: 3.09mg (17.16%), Vitamin B1: 0.25mg (16.51%), Zinc: 2.33mg (15.52%), Calcium: 152.57mg (15.26%), Vitamin E: 1.94mg (12.96%), Vitamin B12: 0.36µg (5.97%), Vitamin D: 0.24µg (1.62%)