



Made-Over Chicken Tetrazzini

READY IN



50 min.

SERVINGS



50

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14.5 oz chicken broth fat-free reduced-sodium canned
- 0.3 cup flour
- 2 cups mushrooms fresh sliced
- 4 oz philadelphia neufchatel cheese cubed ()
- 3 Tbsp parmesan cheese divided grated kraft
- 1 bell pepper red chopped
- 0.5 cup milk mozzarella cheese shredded 2% kraft
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 0.5 lb pasta like spaghetti uncooked

Equipment

- frying pan
- sauce pan
- oven
- whisk

Directions

- Heat oven to 350F.
- Cook spaghetti in large saucepan as directed on package, omitting salt. Meanwhile, cook chicken and vegetables in large nonstick skillet 5 min. or until chicken is no longer pink.
- Remove from skillet; cover to keep warm.
- Bring Neufchatel, flour and broth to boil in same skillet, whisking constantly; simmer on medium-low heat 5 min., stirring frequently.
- Drain spaghetti; return to saucepan.
- Add Neufchatel sauce, chicken mixture and 2 Tbsp. Parmesan; mix well. Spoon into 2-qt. casserole sprayed with cooking spray; cover.
- Bake 25 min. Top with mozzarella and remaining Parmesan; bake, uncovered, 2 min. or until mozzarella is melted.

Nutrition Facts

PROTEIN 32.2% **FAT 26.13%** **CARBS 41.67%**

Properties

Glycemic Index:4.7, Glycemic Load:1.79, Inflammation Score:-1, Nutrition Score:2.2943478479334%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 41.6kcal (2.08%), Fat: 1.19g (1.84%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 4.04g (1.47%), Sugar: 0.4g (0.44%), Cholesterol: 8.63mg (2.88%), Sodium: 64.57mg (2.81%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.63%), Selenium: 6.89µg (9.84%), Vitamin B3: 1.27mg (6.37%), Vitamin B6: 0.09mg (4.42%), Phosphorus: 42.12mg (4.21%), Vitamin C: 3.24mg (3.92%), Manganese: 0.05mg (2.67%), Vitamin B2: 0.04mg (2.46%), Vitamin B5: 0.24mg (2.42%), Vitamin A: 106.48IU (2.13%), Potassium: 68.9mg (1.97%), Copper: 0.03mg (1.57%), Magnesium: 6.17mg (1.54%), Zinc: 0.21mg (1.42%), Vitamin B1: 0.02mg (1.38%), Calcium: 13.07mg (1.31%), Vitamin B12: 0.07µg (1.21%), Folate: 4.57µg (1.14%)