



Make-Ahead Turkey Tetrazzini

READY IN



565 min.

SERVINGS



8

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz pasta like spaghetti uncooked
- 0.3 cup butter
- 2 cups mushrooms fresh sliced
- 3 tablespoons flour all-purpose
- 2 cups chicken broth
- 1 tablespoons sherry dry
- 0.3 cup parsley fresh chopped
- 1 teaspoon salt
- 0.1 teaspoon nutmeg

- 1 Dash pepper
- 3 cups turkey cubed cooked
- 0.5 cup parmesan cheese grated
- 1 serving parsley fresh chopped
- 0.8 cup frangelico

Equipment

- oven
- baking pan
- aluminum foil
- dutch oven
- glass baking pan

Directions

- Cook spaghetti as directed on package.
- Drain.
- Meanwhile, melt margarine in Dutch oven over medium heat.
- Add mushrooms; cook 5 minutes or until tender, stirring frequently. Reduce heat to medium-low.
- Add flour; cook and stir until bubbly. Gradually add broth, stirring constantly, until mixture boils and thickens.
- Remove from heat; stir in half-and-half, sherry, 1/4 cup parsley, salt, nutmeg and pepper.
- Add cooked spaghetti and turkey to mushroom mixture; stir gently to mix. Spoon mixture into ungreased 13x9-inch (3-quart) glass baking dish. Cover with foil; refrigerate at least 8 hours or overnight.
- Heat oven to 350°F. Uncover baking dish; sprinkle Parmesan cheese over top. Cover; bake at 350°F. for 45 to 55 minutes or until thoroughly heated, removing foil during last 10 minutes of baking time.
- Sprinkle with parsley.

Nutrition Facts

PROTEIN 23.82% FAT 36.25% CARBS 39.93%

Properties

Glycemic Index:41.25, Glycemic Load:10.27, Inflammation Score:-5, Nutrition Score:11.949130296707%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 5.12mg, Apigenin: 5.12mg, Apigenin: 5.12mg, Apigenin: 5.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 256.68kcal (12.83%), Fat: 10.25g (15.78%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 25.42g (8.47%), Net Carbohydrates: 24.11g (8.77%), Sugar: 1.57g (1.74%), Cholesterol: 33.45mg (11.15%), Sodium: 731.05mg (31.78%), Alcohol: 0.19g (100%), Alcohol %: 0.14% (100%), Protein: 15.16g (30.32%), Selenium: 31.47µg (44.96%), Vitamin K: 39.12µg (37.26%), Vitamin B3: 4.53mg (22.64%), Phosphorus: 190.88mg (19.09%), Manganese: 0.34mg (16.82%), Vitamin B2: 0.26mg (15.17%), Vitamin B6: 0.3mg (14.93%), Vitamin A: 530.03IU (10.6%), Copper: 0.21mg (10.33%), Zinc: 1.55mg (10.32%), Vitamin B12: 0.57µg (9.46%), Vitamin B5: 0.84mg (8.38%), Magnesium: 31.57mg (7.89%), Potassium: 265.92mg (7.6%), Calcium: 74.66mg (7.47%), Vitamin B1: 0.1mg (6.79%), Iron: 1.17mg (6.48%), Folate: 21.04µg (5.26%), Fiber: 1.31g (5.24%), Vitamin C: 3.68mg (4.46%), Vitamin E: 0.36mg (2.41%), Vitamin D: 0.19µg (1.27%)