



Make-Ahead Turkey Tetrazzini

READY IN



565 min.

SERVINGS



8

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups chicken broth
- ☐ 1 tablespoons sherry dry
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cups mushrooms fresh sliced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 8 servings parsley fresh chopped
- ☐ 0.8 cup half and half
- ☐ 0.3 cup butter
- ☐ 0.1 teaspoon nutmeg

- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 Dash pepper
- ☐ 1 teaspoon salt
- ☐ 8 oz pasta like spaghetti uncooked
- ☐ 3 cups turkey cubed cooked

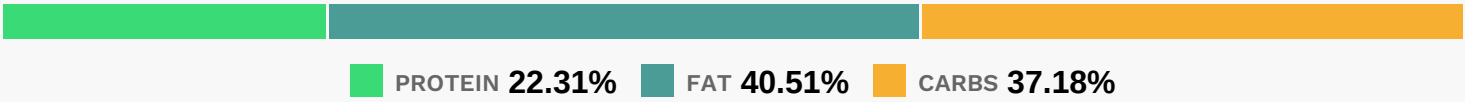
Equipment

- ☐ 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 350F. Uncover baking dish; sprinkle Parmesan cheese over top. Cover; bake at 350F. for 45 to 55 minutes or until thoroughly heated, removing foil during last 10 minutes of baking time.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:10.31, Inflammation Score:-7, Nutrition Score:15.793043478676%

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: 12.66mg, Apigenin: 12.66mg, Apigenin: 12.66mg, Apigenin: 12.66mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 287.66kcal (14.38%), Fat: 12.89g (19.83%), Saturated Fat: 4.41g (27.57%), Carbohydrates: 26.61g (8.87%), Net Carbohydrates: 25.19g (9.16%), Sugar: 2.53g (2.81%), Cholesterol: 41.39mg (13.8%), Sodium: 746.85mg (32.47%), Alcohol: 0.19g (100%), Alcohol %: 0.13% (100%), Protein: 15.97g (31.95%), Vitamin K: 96.82µg (92.21%), Selenium: 32.2µg (46%), Vitamin B3: 4.6mg (22.99%), Phosphorus: 214.46mg (21.45%), Vitamin A: 905.18IU (18.1%), Vitamin B2: 0.31mg (17.96%), Manganese: 0.34mg (17.12%), Vitamin B6: 0.31mg (15.65%), Zinc: 1.67mg (11.16%), Copper: 0.21mg (10.69%), Calcium: 103.77mg (10.38%), Vitamin C: 8.54mg (10.35%), Vitamin B12: 0.61µg (10.18%), Vitamin B5: 0.92mg (9.18%), Potassium: 315.26mg (9.01%), Magnesium: 35.59mg (8.9%), Iron: 1.39mg (7.75%), Vitamin B1: 0.11mg (7.45%), Folate: 27.04µg (6.76%), Fiber: 1.43g (5.71%), Vitamin E: 0.44mg (2.97%), Vitamin D: 0.19µg (1.27%)