



 **26%**  
HEALTH SCORE

## Quick Turkey Tetrazzini

READY IN



45 min.

SERVINGS



6

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.7 cup breadcrumbs fresh
- 3 ounces parmesan cheese finely grated
- 6 tablespoons butter unsalted melted
- 1 teaspoon kosher salt plus more for seasoning
- 1 cup onion chopped
- 1.3 cups mushrooms sliced
- 1.3 cups mushrooms sliced
- 0.8 pound turkey cooked cut into 1-inch cubes ( 2 cups)
- 1 cup peas frozen thawed

- 3.8 cups chicken broth low-sodium homemade canned
- 6 tablespoons flour all-purpose
- 2 teaspoons juice of lemon fresh
- 0.5 teaspoon thyme dried
- 1 serving pepper freshly ground
- 0.5 pound salad leaves curly endive cooked

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 425 degrees. In a bowl, combine breadcrumbs, 1/4 cup cheese, and 3 tablespoons butter. Season with salt; set aside.
- In a medium saucepan over medium-high heat, toss 1 tablespoon butter with onion, mushrooms, and 1 teaspoon salt. Cover; cook 3 minutes.
- Remove lid; cook, stirring, 3 minutes more.
- Transfer to a bowl; add turkey and peas. Set aside. In same pan, whisk stock, remaining butter, and flour. Bring to a boil; reduce heat to a simmer.
- Whisk until thick, 4 to 5 minutes.
- Remove from heat; stir in lemon juice, thyme, and remaining 1/2 cup cheese. Season with salt and pepper.
- Combine sauce, turkey, and noodles in a 9-by-13-inch baking dish; top with breadcrumbs.
- Bake until golden and bubbling, 13 to 15 minutes.
- Serve warm.
- Mike Krautter

# Nutrition Facts

PROTEIN 35.83% FAT 45.66% CARBS 18.51%

## Properties

Glycemic Index:40.39, Glycemic Load:5.91, Inflammation Score:-9, Nutrition Score:31.249565145244%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg

## Nutrients (% of daily need)

Calories: 576.92kcal (28.85%), Fat: 29.07g (44.72%), Saturated Fat: 13.09g (81.84%), Carbohydrates: 26.51g (8.84%), Net Carbohydrates: 21.98g (7.99%), Sugar: 4.41g (4.9%), Cholesterol: 135.48mg (45.16%), Sodium: 1409.17mg (61.27%), Alcohol: 0g (100%), Protein: 51.32g (102.63%), Vitamin K: 125.03µg (119.08%), Selenium: 47.23µg (67.47%), Vitamin A: 3071.55IU (61.43%), Vitamin B3: 9.58mg (47.89%), Phosphorus: 477.15mg (47.72%), Zinc: 5.49mg (36.61%), Vitamin B2: 0.58mg (34.12%), Vitamin B12: 2.05µg (34.09%), Vitamin B6: 0.67mg (33.48%), Vitamin C: 22.24mg (26.96%), Folate: 102.93µg (25.73%), Manganese: 0.5mg (25.16%), Calcium: 227.28mg (22.73%), Iron: 4.07mg (22.59%), Vitamin B1: 0.33mg (22.08%), Copper: 0.44mg (21.88%), Potassium: 733.75mg (20.96%), Fiber: 4.53g (18.1%), Magnesium: 72.36mg (18.09%), Vitamin B5: 1.58mg (15.84%), Vitamin E: 1.76mg (11.74%), Vitamin D: 0.61µg (4.07%)