



## Simple Saucepan Tetrazzini

READY IN



25 min.

SERVINGS



25

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

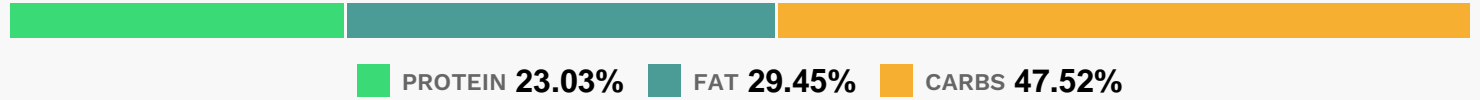
- 4 oz mushrooms drained sliced canned
- 1 Tbsp parsley fresh chopped
- 14 oz deluxe macaroni & cheese dinner kraft
- 0.3 cup milk
- 1 onion chopped
- 0.5 tsp poultry seasoning
- 2 cups turkey cooked chopped

### Equipment

## Directions

- Prepare Dinner as directed on package, adding onions to the boiling water the last 5 min. of the Macaroni cooking time.
- Add remaining ingredients; mix well.
- Cook 5 min. or until heated through, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:6.44, Glycemic Load:4.89, Inflammation Score:-1, Nutrition Score:2.0047826306975%

## Flavonoids

Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 69.23kcal (3.46%), Fat: 2.27g (3.49%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 8.04g (2.92%), Sugar: 0.46g (0.51%), Cholesterol: 6.12mg (2.04%), Sodium: 151.3mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Phosphorus: 84.32mg (8.43%), Manganese: 0.09mg (4.38%), Vitamin B3: 0.69mg (3.45%), Calcium: 29.92mg (2.99%), Vitamin B6: 0.06mg (2.91%), Selenium: 1.97µg (2.81%), Zinc: 0.4mg (2.69%), Vitamin K: 2.76µg (2.63%), Iron: 0.46mg (2.57%), Magnesium: 9.04mg (2.26%), Potassium: 67.29mg (1.92%), Vitamin B12: 0.11µg (1.91%), Vitamin B2: 0.02mg (1.27%), Vitamin B5: 0.12mg (1.19%)