



Smoked Turkey Tetrazzini

READY IN



25 min.

SERVINGS



8

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 0.3 cup butter
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon hot sauce
- ☐ 3 cups milk
- ☐ 6 ounce mushrooms drained sliced
- ☐ 1 cup freshly parmesan cheese shredded divided
- ☐ 1 teaspoon pepper freshly ground

- ☐ 1 teaspoon salt
- ☐ 12 ounce amber-and-spinach-colored fettuccine
- ☐ 3 cups turkey smoked chopped
- ☐ 1 cup white wine
- ☐ 1 medium size onion yellow coarsely chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook pasta according to package directions; drain and set aside.
- ☐ Melt 1/4 cup butter in a large skillet over medium-high heat; add onion, and saut 7 to 10 minutes or until tender. Gradually stir in flour and next 3 ingredients until smooth; add milk, and cook, stirring constantly, 5 minutes or until thickened.
- ☐ Remove from heat, and stir in turkey, mushrooms, and wine.
- ☐ Layer a lightly greased 13- x 9-inch baking dish with half each of pasta, turkey mixture, and Parmesan cheese. Repeat layers with remaining pasta and turkey mixture.
- ☐ Combine remaining 1/2 cup Parmesan cheese, almonds, and parsley.
- ☐ Sprinkle evenly over casserole.
- ☐ Bake at 400 for 20 to 25 minutes or until bubbly and almonds are lightly toasted.
- ☐ Smoked Turkey Tetrazzini with Artichokes and Red Bell Peppers: Prepare as directed, adding 1 (14-ounce) can artichoke hearts, drained and chopped, and 1 (7-ounce) jar roasted red bell peppers, drained and chopped, with turkey, mushrooms, and wine. Proceed as directed.
- ☐ *1 (12-ounce) package regular fettuccine may be substituted.
- ☐ Note: For testing purposes only, we used Ronzoni Fettuccine Florentine.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:16.71, Inflammation Score:-7, Nutrition Score:21.667826134226%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 483.54kcal (24.18%), Fat: 21.73g (33.43%), Saturated Fat: 6.45g (40.3%), Carbohydrates: 42.69g (14.23%), Net Carbohydrates: 39.21g (14.26%), Sugar: 7.14g (7.93%), Cholesterol: 82.04mg (27.35%), Sodium: 650.76mg (28.29%), Alcohol: 3.09g (100%), Alcohol %: 1.44% (100%), Protein: 25.25g (50.5%), Selenium: 49.52µg (70.74%), Phosphorus: 438.8mg (43.88%), Manganese: 0.75mg (37.7%), Calcium: 322.88mg (32.29%), Vitamin B2: 0.52mg (30.49%), Vitamin B3: 5.29mg (26.45%), Vitamin K: 25.9µg (24.66%), Vitamin E: 3.45mg (22.99%), Vitamin B6: 0.46mg (22.79%), Magnesium: 89.82mg (22.46%), Vitamin B12: 1.24µg (20.63%), Zinc: 2.77mg (18.45%), Copper: 0.36mg (18.12%), Potassium: 547.15mg (15.63%), Vitamin B5: 1.52mg (15.19%), Vitamin B1: 0.22mg (14.62%), Fiber: 3.48g (13.9%), Vitamin A: 675.16IU (13.5%), Iron: 2.12mg (11.8%), Vitamin D: 1.35µg (9.01%), Folate: 34.95µg (8.74%), Vitamin C: 3.57mg (4.32%)