



Smoked Turkey Tetrazzini with Artichokes and Red Bell Peppers

READY IN



25 min.

SERVINGS



8

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 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 parmesan shredded divided
- ☐ 1 teaspoon pepper freshly ground
- ☐ 7 ounce roasted peppers red drained chopped
- ☐ 1 teaspoon salt
- ☐ 12 ounce nests of spinach fettuccine
- ☐ 3 cups turkey smoked chopped
- ☐ 1 cup 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, artichoke hearts, bell peppers, 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.
- ☐ *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:-8, Nutrition Score:23.145217066226%

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: 499.45kcal (24.97%), Fat: 21.8g (33.55%), Saturated Fat: 6.46g (40.37%), Carbohydrates: 45.57g (15.19%), Net Carbohydrates: 41.03g (14.92%), Sugar: 7.52g (8.36%), Cholesterol: 82.04mg (27.35%), Sodium: 1173.53mg (51.02%), Alcohol: 3.09g (100%), Alcohol %: 1.13% (100%), Protein: 25.83g (51.66%), Selenium: 49.59µg (70.84%), Phosphorus: 443.76mg (44.38%), Manganese: 0.79mg (39.69%), Calcium: 333.05mg (33.31%), Vitamin B2: 0.53mg (30.93%), Vitamin B3: 5.43mg (27.13%), Vitamin B6: 0.5mg (25%), Vitamin K: 25.9µg (24.66%), Magnesium: 92.55mg (23.14%), Vitamin E: 3.45mg (22.99%), Vitamin B12: 1.24µg (20.63%), Copper: 0.39mg (19.73%), Zinc: 2.81mg (18.75%), Vitamin C: 15.1mg (18.3%), Fiber: 4.54g (18.15%), Potassium: 583.37mg (16.67%), Vitamin A: 804.15IU (16.08%), Vitamin B5: 1.53mg (15.28%), Vitamin B1: 0.23mg (15.03%), Iron: 2.32mg (12.91%), Folate: 38.92µg (9.73%), Vitamin D: 1.35µg (9.01%)