



Tempting Turkey Tetrazzini

READY IN



55 min.

SERVINGS



6

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 ounces pasta like spaghetti
- 2 cups turkey broth
- 0.5 cup flour all-purpose wondra®
- 0.3 cup butter
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 cups turkey cooked
- 1 cup olives ripe sliced
- 0.5 cup slivered almonds

- 4 ounces cheddar cheese shredded
- 2 cups frangelico

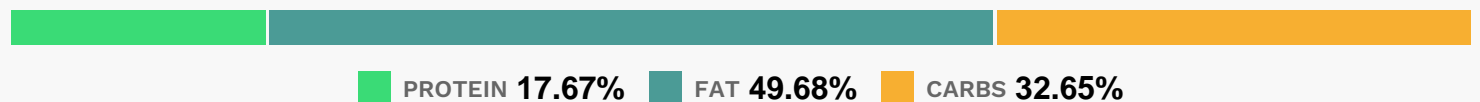
Equipment

- sauce pan
- oven
- baking pan

Directions

- Cook and drain spaghetti as directed on package. Rinse with cold water; drain.
- Heat oven to 350°F.
- Mix broth, half-and-half, flour, butter, salt and pepper in 3-quart saucepan.
- Heat to boiling over medium-high heat, stirring constantly. Boil and stir 1 minute.
- Stir in spaghetti, turkey, olives and almonds.
- Spread in ungreased rectangular baking dish, 13x9x2 inches.
- Sprinkle with cheese.
- Bake uncovered 25 to 30 minutes or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:15.9, Inflammation Score:-6, Nutrition Score:14.750434785595%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 442.1kcal (22.11%), Fat: 24.61g (37.86%), Saturated Fat: 6.61g (41.31%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 33.17g (12.06%), Sugar: 1.84g (2.05%), Cholesterol: 44.32mg (14.77%), Sodium: 1087.61mg (47.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.7g (39.39%), Selenium: 37.73µg (53.9%), Manganese: 0.63mg (31.65%), Phosphorus: 270.59mg (27.06%), Vitamin E: 3.7mg (24.67%), Vitamin B2: 0.37mg (21.76%), Vitamin B3: 4.27mg (21.35%), Calcium: 188.14mg (18.81%), Magnesium: 61.2mg (15.3%), Zinc: 2.17mg (14.46%), Vitamin B6: 0.28mg (14.17%), Copper: 0.28mg (13.75%), Fiber: 3.23g (12.91%), Vitamin A: 636.79IU (12.74%), Vitamin B1: 0.17mg (11.57%), Vitamin B12: 0.63µg (10.49%), Iron: 1.74mg (9.65%), Folate: 36.05µg (9.01%), Potassium: 268.31mg (7.67%), Vitamin B5: 0.6mg (5.98%), Vitamin D: 0.21µg (1.42%)