



Tempting Turkey Tetrazzini

READY IN



55 min.

SERVINGS



6

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 0.5 cup flour all-purpose wondra®
- 2 cups half and half
- 1 cup olives ripe sliced
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 4 ounces cheddar cheese shredded
- 0.5 cup slivered almonds
- 7 ounces pasta like spaghetti

- 2 cups turkey cooked
- 2 cups turkey broth

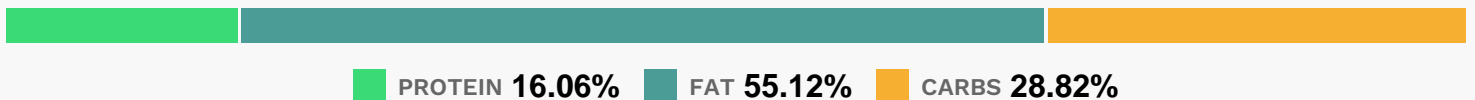
Equipment

- sauce pan
- oven
- baking pan

Directions

- Cook and drain spaghetti as directed on package. Rinse with cold water; drain.
- Heat oven to 350F.
- 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:-7, Nutrition Score:17.164782736612%

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: 547.77kcal (27.39%), Fat: 33.89g (52.13%), Saturated Fat: 12.28g (76.76%), Carbohydrates: 39.87g (13.29%), Net Carbohydrates: 36.64g (13.32%), Sugar: 5.18g (5.75%), Cholesterol: 72.56mg (24.19%), Sodium: 1136.82mg (49.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.22g (44.44%), Selenium: 40.31µg (57.59%), Phosphorus: 347.22mg (34.72%), Manganese: 0.63mg (31.69%), Vitamin B2: 0.53mg (30.97%), Calcium: 274.46mg (27.45%), Vitamin E: 3.9mg (26.02%), Vitamin B3: 4.36mg (21.79%), Vitamin A: 922.35IU (18.45%), Magnesium: 69.26mg (17.32%), Zinc: 2.48mg (16.56%), Vitamin B6: 0.32mg (16.19%), Copper: 0.28mg (14.12%), Vitamin B1: 0.2mg (13.19%), Vitamin B12: 0.78µg (13.05%), Fiber: 3.23g (12.91%), Potassium: 374.79mg (10.71%), Iron: 1.78mg (9.88%), Folate: 38.47µg (9.62%), Vitamin B5: 0.83mg (8.32%), Vitamin K: 2.02µg (1.92%), Vitamin D: 0.21µg (1.42%)