

Terrific Turkey Tetrazzini

READY IN



45 min.

SERVINGS



8

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons butter
- 1 cup chicken broth
- 6 tablespoons flour
- 1 pound mushrooms sliced
- 1 cup parmesan
- 8 servings salt and pepper to taste
- 2 cups soymilk
- 1 pound pasta like spaghetti
- 3 pounds turkey cooked

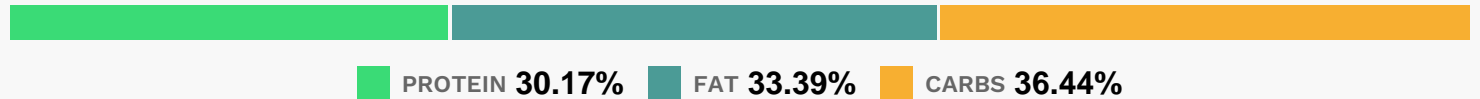
Equipment

- sauce pan
- oven
- baking pan

Directions

- Cut turkey into bite sized pieces. Melt butter in a saucepan, then stir in flour; cooking until it starts to bubble. Gradually add chicken stock, stirring until sauce thickens, then add soymilk; salt and pepper and cheese.
- Add turkey and mushrooms and slowly simmer.
- Meanwhile cook pasta according to package instructions, drain and stir into the turkey mixture.
- Pour into a non-stick baking dish.
- Bake at 450 degrees F until heated through and cheese has melted.

Nutrition Facts



Properties

Glycemic Index:26.18, Glycemic Load:21.25, Inflammation Score:-7, Nutrition Score:26.95478271531%

Nutrients (% of daily need)

Calories: 566.39kcal (28.32%), Fat: 20.83g (32.05%), Saturated Fat: 5.89g (36.8%), Carbohydrates: 51.14g (17.05%), Net Carbohydrates: 48.37g (17.59%), Sugar: 4.44g (4.94%), Cholesterol: 96.04mg (32.01%), Sodium: 773.15mg (33.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.35g (84.69%), Selenium: 73.03µg (104.32%), Vitamin B3: 14.6mg (73.01%), Vitamin B6: 1.02mg (50.76%), Phosphorus: 473.34mg (47.33%), Vitamin B2: 0.69mg (40.78%), Vitamin B12: 2.3µg (38.33%), Manganese: 0.62mg (30.8%), Copper: 0.53mg (26.32%), Calcium: 262.78mg (26.28%), Zinc: 3.79mg (25.27%), Vitamin B5: 2.17mg (21.65%), Potassium: 687.71mg (19.65%), Magnesium: 72.7mg (18.17%), Vitamin B1: 0.25mg (16.52%), Vitamin A: 773.3IU (15.47%), Iron: 2.73mg (15.19%), Folate: 58.45µg (14.61%), Vitamin E: 2.03mg (13.54%), Fiber: 2.77g (11.08%), Vitamin D: 1.25µg (8.31%), Vitamin C: 5.46mg (6.62%)