



## Tetrizzini

READY IN



35 min.

SERVINGS



4

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 cup half-and-half
- 0.5 cup onion chopped
- 0.3 cup style panko bread crumbs crispy italian progresso®
- 0.3 cup parmesan cheese shredded
- 2 cups deli rotisserie chicken cubed cooked chopped
- 6 ounces pasta like spaghetti uncooked

## Equipment

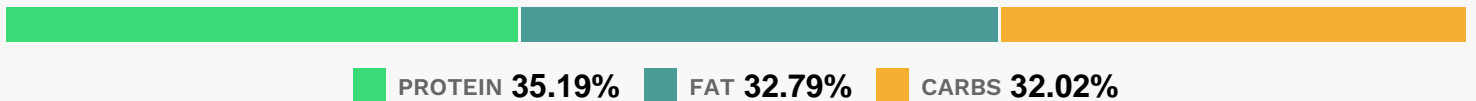
- bowl

- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Heat oven to 350 degrees F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray.
- Cook and drain spaghetti as directed on package; set aside.
- Meanwhile, in 10-inch skillet, heat 2 tablespoons olive or vegetable oil over medium-high heat until hot. Cook onion in oil 3 to 5 minutes, stirring frequently, until almost tender. Stir in cooking sauce, half-and-half, 1/2 teaspoon salt and 1/4 teaspoon pepper; heat to boiling. Carefully stir in chicken and spaghetti.
- Pour mixture into baking dish.
- Cover with foil; bake 20 minutes. In small bowl, mix Topping ingredients; sprinkle over pasta mixture.
- Bake uncovered 10 minutes longer or until bubbly around edges and center is hot.

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:13.25, Inflammation Score:-3, Nutrition Score:8.5978261867295%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 495.28kcal (24.76%), Fat: 17.96g (27.63%), Saturated Fat: 7.31g (45.69%), Carbohydrates: 39.46g (13.15%), Net Carbohydrates: 37.53g (13.65%), Sugar: 4.25g (4.73%), Cholesterol: 135.11mg (45.04%), Sodium: 611.61mg (26.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.36g (86.73%), Selenium: 31.56µg (45.09%), Manganese: 0.46mg (23.19%), Phosphorus: 195.36mg (19.54%), Calcium: 169.9mg (16.99%), Vitamin B2: 0.17mg

(9.81%), Magnesium: 34.89mg (8.72%), Fiber: 1.93g (7.7%), Vitamin B1: 0.11mg (7.51%), Copper: 0.15mg (7.51%), Zinc: 1.11mg (7.41%), Vitamin B6: 0.12mg (6.04%), Potassium: 201.39mg (5.75%), Vitamin B3: 1.15mg (5.75%), Iron: 0.93mg (5.15%), Folate: 18.75µg (4.69%), Vitamin A: 226.11IU (4.52%), Vitamin B5: 0.4mg (4.04%), Vitamin B12: 0.2µg (3.4%), Vitamin C: 1.89mg (2.29%), Vitamin E: 0.19mg (1.24%), Vitamin K: 1.18µg (1.13%)