



## Turkey Mushroom Tetrazzini

READY IN



65 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 1.3 cups chicken broth
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups mushrooms fresh quartered
- ☐ 2 tablespoons garlic spread seasoning such as Johnny's® Great Caesar! Garlic Spread & Seasoning
- ☐ 0.5 cup green onion sliced
- ☐ 1.3 cups heavy cream

- ☐ 0.8 cup parmesan cheese divided grated
- ☐ 8 ounces linguine pasta uncooked
- ☐ 0.3 cup bell pepper red chopped
- ☐ 2 cups turkey cooked chopped

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ colander

## Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a 2-quart rectangular baking dish.
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Heat butter in a large skillet; cook and stir the mushrooms, green onion, and bell pepper until the onion is translucent and the vegetables are softened, about 5 minutes. Stir in the flour, black pepper, and garlic spread seasoning.
- ☐ Pour in the chicken broth and cream, whisking the mixture until smooth and thickened, 5 to 8 more minutes. Stir in the turkey, half the Parmesan cheese, and the cooked linguine, and lightly stir to coat all ingredients with sauce.
- ☐ Spread the mixture into the prepared baking dish, and sprinkle the top with the remaining Parmesan cheese and the almonds.
- ☐ Bake in the preheated oven until the mixture is bubbling and the top has begun to brown, about 20 minutes, and sprinkle with parsley before serving.

## Nutrition Facts



 PROTEIN **16.03%**  FAT **53.05%**  CARBS **30.92%**

Properties

Glycemic Index:55.83, Glycemic Load:14.95, Inflammation Score:-7, Nutrition Score:17.639565094658%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 501.11kcal (25.06%), Fat: 29.85g (45.92%), Saturated Fat: 16.51g (103.22%), Carbohydrates: 39.14g (13.05%), Net Carbohydrates: 36.58g (13.3%), Sugar: 4g (4.44%), Cholesterol: 101.77mg (33.92%), Sodium: 486.94mg (21.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.29g (40.58%), Selenium: 42.39µg (60.55%), Phosphorus: 303.59mg (30.36%), Manganese: 0.59mg (29.63%), Vitamin B2: 0.46mg (27.28%), Vitamin B3: 5.05mg (25.23%), Vitamin A: 1251.13IU (25.02%), Vitamin K: 19.85µg (18.9%), Vitamin B6: 0.38mg (18.85%), Calcium: 181.38mg (18.14%), Copper: 0.32mg (15.89%), Zinc: 2.22mg (14.82%), Vitamin C: 11.31mg (13.71%), Magnesium: 54.27mg (13.57%), Vitamin E: 1.85mg (12.36%), Potassium: 421.33mg (12.04%), Vitamin B5: 1.17mg (11.7%), Vitamin B12: 0.68µg (11.38%), Vitamin B1: 0.16mg (10.78%), Fiber: 2.56g (10.25%), Iron: 1.66mg (9.23%), Folate: 36.93µg (9.23%), Vitamin D: 1.02µg (6.79%)