



## Turkey Potato Tetrazzini

 Gluten Free

READY IN



85 min.

SERVINGS



15

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 ounces alfredo sauce
- 3 cups broccoli frozen thawed chopped
- 1 cup milk 2%
- 4 tablespoons parmesan cheese divided grated
- 7 medium potatoes peeled thinly sliced
- 8 ounces swiss cheese shredded divided
- 1.5 cups turkey diced cooked

### Equipment

- bowl
- oven
- baking pan

## Directions

- In a large bowl, combine Alfredo sauce and milk; spread 1/4 cup into a greased 13-in. x 9-in. baking dish. Top with a third of the potatoes; sprinkle with 1 tablespoon Parmesan cheese.
- In another bowl, combine the turkey, 1-1/2 cups Swiss cheese and broccoli; spoon about 2 cups over potatoes. Top with about 2/3 cup sauce mixture. Repeat layers twice.
- Cover and bake at 400° for 45 minutes. Top with remaining cheeses (dish will be full).
- Bake, uncovered, 20-25 minutes longer or until potatoes are tender.
- Let stand for 5 minutes before serving.

## Nutrition Facts

**PROTEIN 18.91%** **FAT 44.27%** **CARBS 36.82%**

## Properties

Glycemic Index:9.52, Glycemic Load:13, Inflammation Score:-4, Nutrition Score:11.109999987742%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

## Nutrients (% of daily need)

Calories: 223.87kcal (11.19%), Fat: 11.05g (16.99%), Saturated Fat: 5.83g (36.42%), Carbohydrates: 20.67g (6.89%), Net Carbohydrates: 18.03g (6.55%), Sugar: 2.36g (2.62%), Cholesterol: 43.47mg (14.49%), Sodium: 284.84mg (12.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.62g (21.24%), Vitamin C: 35.31mg (42.8%), Vitamin B6: 0.4mg (20.06%), Phosphorus: 196.18mg (19.62%), Vitamin K: 20.11µg (19.15%), Calcium: 186.53mg (18.65%), Potassium: 531.57mg (15.19%), Selenium: 8.27µg (11.81%), Vitamin B12: 0.68µg (11.32%), Fiber: 2.64g (10.58%), Vitamin B3: 1.94mg (9.72%), Manganese: 0.19mg (9.72%), Magnesium: 36.23mg (9.06%), Zinc: 1.33mg (8.88%), Vitamin B2: 0.15mg (8.84%), Folate: 29.92µg (7.48%), Vitamin B1: 0.1mg (7%), Copper: 0.13mg (6.61%), Vitamin B5: 0.6mg (6.01%), Iron: 1.02mg (5.66%), Vitamin A: 270.28IU (5.41%), Vitamin E: 0.26mg (1.72%)