



Turkey Tetrazzini

READY IN



30 min.

SERVINGS



30

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp butter
- 2 cups extra wide egg noodles uncooked
- 1 cup chicken broth fat-free reduced-sodium
- 2 cups mushrooms fresh sliced
- 0.5 cup philadelphia 1/3 less fat than cream cheese ()
- 1 cup peas frozen
- 3 cups turkey cooked chopped

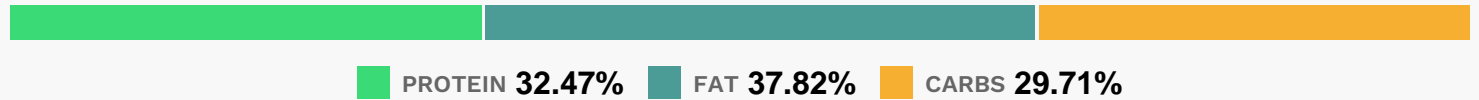
Equipment

frying pan

Directions

- Cook noodles as directed on package, omitting salt.
- Meanwhile, melt butter in large skillet on medium heat.
- Add mushrooms; cook and stir until 8 to 10 min. or until tender. Stir in reduced-fat cream cheese and broth. Bring to boil, stirring frequently; simmer on medium-low heat 7 min. or until slightly thickened, stirring occasionally. Stir in turkey and peas; cook 3 to 5 min. or until heated through, stirring frequently.
- Drain noodles.
- Serve topped with turkey mixture.

Nutrition Facts



Properties

Glycemic Index:5.68, Glycemic Load:0.99, Inflammation Score:-1, Nutrition Score:2.3986956386463%

Nutrients (% of daily need)

Calories: 40.8kcal (2.04%), Fat: 1.72g (2.65%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 2.62g (0.95%), Sugar: 0.7g (0.78%), Cholesterol: 12.46mg (4.15%), Sodium: 60.58mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Selenium: 5.13µg (7.32%), Vitamin B3: 1.19mg (5.96%), Phosphorus: 42.05mg (4.2%), Vitamin B6: 0.08mg (4.14%), Vitamin B2: 0.06mg (3.64%), Vitamin B12: 0.18µg (3.07%), Vitamin C: 2.07mg (2.51%), Vitamin B5: 0.25mg (2.48%), Manganese: 0.05mg (2.35%), Copper: 0.05mg (2.34%), Zinc: 0.34mg (2.29%), Potassium: 72.86mg (2.08%), Vitamin B1: 0.03mg (1.95%), Fiber: 0.42g (1.69%), Folate: 6.51µg (1.63%), Magnesium: 6.53mg (1.63%), Vitamin A: 78.02IU (1.56%), Iron: 0.25mg (1.41%), Vitamin K: 1.29µg (1.23%)