



Turkey Tetrazzini

READY IN



25 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

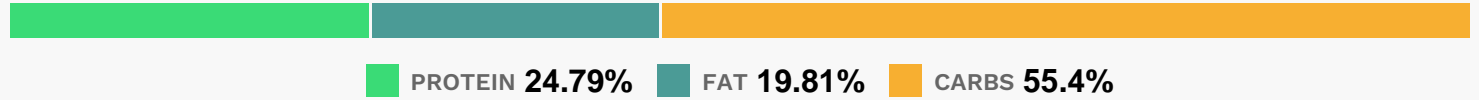
- 4 oz mushrooms drained sliced canned
- 0.3 cup milk 2%
- 1 cup peas frozen thawed
- 9.4 oz deluxe cheddar on rotini pasta white with broccoli kraft
- 0.5 cup cheddar cheese shredded kraft
- 2 cups turkey cooked chopped

Equipment

Directions

- Prepare Rotini as directed on package, adding contents of the Broccoli Pouch and peas to the cooking water during the last 4 minutes of the pasta cooking time.
- Add remaining ingredients including Cheese Sauce; cook until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:21.49, Inflammation Score:-6, Nutrition Score:18.885651997898%

Nutrients (% of daily need)

Calories: 418.7kcal (20.93%), Fat: 9.13g (14.05%), Saturated Fat: 3.84g (24.03%), Carbohydrates: 57.46g (19.15%), Net Carbohydrates: 52.58g (19.12%), Sugar: 5.32g (5.91%), Cholesterol: 51.09mg (17.03%), Sodium: 281.27mg (12.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.72g (51.43%), Selenium: 58.87µg (84.1%), Manganese: 0.79mg (39.67%), Phosphorus: 352.99mg (35.3%), Vitamin B3: 6.16mg (30.78%), Vitamin B6: 0.49mg (24.31%), Zinc: 3.07mg (20.45%), Fiber: 4.88g (19.51%), Copper: 0.37mg (18.34%), Vitamin C: 14.53mg (17.61%), Magnesium: 69.39mg (17.35%), Vitamin B2: 0.28mg (16.19%), Calcium: 149.2mg (14.92%), Vitamin B1: 0.21mg (14.28%), Vitamin B12: 0.83µg (13.9%), Potassium: 416.44mg (11.9%), Folate: 46.14µg (11.53%), Iron: 2.08mg (11.53%), Vitamin B5: 1.07mg (10.69%), Vitamin A: 461.72IU (9.23%), Vitamin K: 9.43µg (8.98%), Vitamin D: 0.29µg (1.94%), Vitamin E: 0.28mg (1.86%)