

Turkey Tetrazzini

READY IN



55 min.

SERVINGS



12

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon chopped
- 1 cup olives black finely chopped
- 0.5 teaspoon pepper black plus more
- 4 tablespoons butter ()
- 4 cups chicken broth plus more if needed
- 12 ounces pasta like spaghetti cooked thin
- 8 ounce cream cheese
- 1 cup cooking wine dry white
- 0.3 cup flour

- 4 cloves garlic minced
- 1 cup monterrey jack cheese grated
- 1 cup panko bread crumbs
- 0.5 cup parmesan grated
- 1.5 cups peas green frozen
- 0.5 teaspoon salt plus more
- 3 cups thanksgiving turkey diced shredded leftover
- 1 pound mushrooms white quartered

Equipment

- oven
- pot
- casserole dish

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Melt the butter in a large pot over medium heat and add the garlic.
- Throw in the mushrooms, wine, salt and pepper, and cook them, stirring occasionally, until the liquid reduces by half, 3 to 4 minutes.
- Sprinkle the flour all over, then stir to combine.
- Pour in the broth, stir and continue to cook until the sauce is nice and thick, 3 to 4 minutes.
- Add the cream cheese and stir until it mixes in. (Don't worry if it seems a little lumpy at first. That will go away!)
- Add the turkey, peas, Monterey Jack, olives, Parmesan and bacon.
- Stir until everything is well combined, then add salt and pepper to taste.
- Add the spaghetti and stir to combine. If the mixture is too thick, splash in 1/2 cup of broth.
- Pour the whole shebang into a large casserole dish and even out the surface.

Sprinkle on the panko breadcrumbs and bake it until the crumbs are golden brown and the casserole is bubbly, 20 to 25 minutes.

Serve it to hearty appetites!

Nutrition Facts

PROTEIN 19.56% **FAT 55.68%** **CARBS 24.76%**

Properties

Glycemic Index:33.99, Glycemic Load:6.92, Inflammation Score:-6, Nutrition Score:13.087825982467%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 352.82kcal (17.64%), Fat: 21.18g (32.58%), Saturated Fat: 10.42g (65.15%), Carbohydrates: 21.2g (7.07%), Net Carbohydrates: 18.57g (6.75%), Sugar: 3.66g (4.07%), Cholesterol: 64.63mg (21.54%), Sodium: 892.91mg (38.82%), Alcohol: 2.06g (100%), Alcohol %: 0.96% (100%), Protein: 16.74g (33.47%), Selenium: 24.79µg (35.42%), Vitamin B2: 0.41mg (24.31%), Vitamin B3: 4.8mg (24%), Phosphorus: 236.54mg (23.65%), Calcium: 172.35mg (17.23%), Manganese: 0.34mg (17.09%), Vitamin B6: 0.31mg (15.37%), Vitamin B1: 0.22mg (14.33%), Vitamin A: 677.01IU (13.54%), Copper: 0.26mg (12.86%), Zinc: 1.78mg (11.85%), Vitamin B5: 1.08mg (10.75%), Fiber: 2.63g (10.52%), Vitamin C: 8.36mg (10.13%), Iron: 1.74mg (9.66%), Potassium: 335.36mg (9.58%), Vitamin B12: 0.57µg (9.43%), Folate: 36.46µg (9.11%), Magnesium: 34.89mg (8.72%), Vitamin K: 6.25µg (5.96%), Vitamin E: 0.87mg (5.8%), Vitamin D: 0.26µg (1.71%)