



Turkey Tetrazzini

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 2 tablespoons butter melted
- ☐ 10.8 ounce cream of chicken soup reduced-fat canned such as Healthy Choice
- ☐ 0.3 cup breadcrumbs dry
- ☐ 2 tablespoons cooking sherry dry
- ☐ 0.8 cup milk fat-free
- ☐ 16 ounce pre mushrooms
- ☐ 0.8 teaspoon onion powder divided
- ☐ 1.5 ounces parmesan cheese fresh grated

- ☐ 0.8 cup peas green frozen thawed
- ☐ 10 ounce vermicelli uncooked
- ☐ 0.5 teaspoon salt divided
- ☐ 0.7 cup cup heavy whipping cream fat-free sour
- ☐ 1 pound turkey breast cutlets
- ☐ 2 teaspoons vegetable oil

Equipment

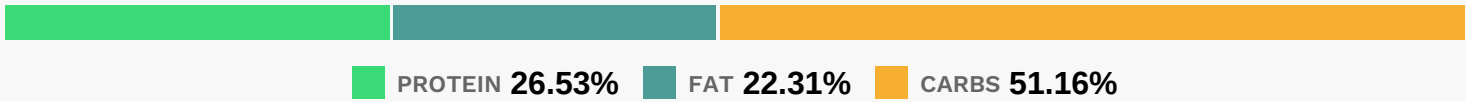
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle turkey with 1/2 teaspoon onion powder, 1/4 teaspoon salt, and 1/8 teaspoon pepper.
- ☐ Add turkey to pan; cook 2 minutes on each side or until done.
- ☐ Remove turkey from pan.
- ☐ Add 1/4 teaspoon onion powder, sherry, and mushrooms to pan. Cover and cook 4 minutes or until mushrooms are tender.
- ☐ Combine peas, milk, sour cream, cheese, and soup in a large bowl. Chop turkey.
- ☐ Add 1/4 teaspoon salt, 1/8 teaspoon pepper, pasta, turkey, and mushroom mixture to soup mixture, tossing gently to combine. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine breadcrumbs and butter in a small dish, tossing to combine.
- ☐ Sprinkle breadcrumb mixture over pasta mixture.

Bake at 450 for 12 minutes or until bubbly and thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:55.76, Glycemic Load:25.77, Inflammation Score:-5, Nutrition Score:13.711304187775%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 462.59kcal (23.13%), Fat: 11.33g (17.43%), Saturated Fat: 4.86g (30.4%), Carbohydrates: 58.46g (19.49%), Net Carbohydrates: 55.58g (20.21%), Sugar: 4.94g (5.49%), Cholesterol: 69.38mg (23.13%), Sodium: 912.32mg (39.67%), Alcohol: 0.51g (100%), Alcohol %: 0.19% (100%), Protein: 30.31g (60.62%), Selenium: 20.62µg (29.46%), Phosphorus: 291.72mg (29.17%), Vitamin B2: 0.49mg (28.71%), Manganese: 0.46mg (22.87%), Copper: 0.4mg (19.97%), Vitamin B3: 3.89mg (19.46%), Calcium: 192.7mg (19.27%), Vitamin B1: 0.22mg (14.7%), Vitamin B5: 1.46mg (14.57%), Potassium: 434.36mg (12.41%), Fiber: 2.87g (11.5%), Zinc: 1.68mg (11.23%), Iron: 2.02mg (11.2%), Vitamin C: 8.95mg (10.84%), Vitamin A: 531.17IU (10.62%), Vitamin K: 10.35µg (9.85%), Folate: 37.77µg (9.44%), Magnesium: 33.44mg (8.36%), Vitamin B6: 0.16mg (7.88%), Vitamin B12: 0.4µg (6.64%), Vitamin E: 0.56mg (3.72%), Vitamin D: 0.52µg (3.49%)