



Turkey Tetrazzini

READY IN

ready

60 min.

SERVINGS

servings

8

CALORIES

calories

436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons butter
- ☐ 4 oz button mushrooms sliced
- ☐ 2 cups chicken broth
- ☐ 0.5 cup cooking sherry dry
- ☐ 1 pound extra wide egg noodles
- ☐ 3 tablespoons flour
- ☐ 0.3 cup flat-leaf parsley fresh chopped for garnish
- ☐ 1 cup half-and-half
- ☐ 3 leeks cold rinsed trimmed sliced lengthwise sliced thin

- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 cup parmesan cheese
- ☐ 2 portabella mushroom caps cut into cubes
- ☐ 0.8 cup radicchio leaves chopped
- ☐ 5 teaspoons salt plus more to taste
- ☐ 2 cups turkey shredded cubed cooked

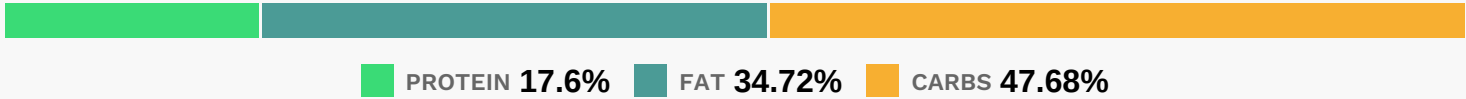
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Melt 2 tbsp. of butter in a 14-in. frying pan or 5-qt. saucepan over medium heat.
- ☐ Add leeks, mushrooms, 1 tsp. salt, and nutmeg; cook, stirring often, until vegetables are soft and beginning to brown, about 12 minutes. Using a slotted spoon, transfer vegetables to a bowl and set aside.
- ☐ Bring a large pot of water to a boil.
- ☐ Add 3 tsp. salt and egg noodles. Cook until barely tender to the bite.
- ☐ Drain noodles and set aside, covered.
- ☐ While noodles are cooking, melt remaining 3 tbsp. butter in the same pan.
- ☐ Sprinkle in flour and stir until mixture looks glossy and golden brown, about 3 minutes.
- ☐ Whisk in chicken broth and sherry and simmer until thickened, about 3 minutes.
- ☐ Remove from heat and whisk in half-and-half, parmesan, and remaining 1 tsp. salt. Reduce heat to low, return pan to heat, and stir in vegetable mixture, turkey, and parsley. Just before serving, stir in radicchio.
- ☐ Serve over cooked noodles and garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:47.13, Glycemic Load:20.09, Inflammation Score:-8, Nutrition Score:21.073478232259%

Flavonoids

Cyanidin: 4.76mg, Cyanidin: 4.76mg, Cyanidin: 4.76mg, Cyanidin: 4.76mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 435.88kcal (21.79%), Fat: 16.53g (25.44%), Saturated Fat: 8.75g (54.68%), Carbohydrates: 51.08g (17.03%), Net Carbohydrates: 47.99g (17.45%), Sugar: 4.96g (5.51%), Cholesterol: 100.34mg (33.45%), Sodium: 1898.28mg (82.53%), Alcohol: 1.54g (100%), Alcohol %: 0.69% (100%), Protein: 18.85g (37.7%), Selenium: 59.24µg (84.62%), Vitamin K: 67.71µg (64.49%), Manganese: 0.75mg (37.47%), Phosphorus: 314.05mg (31.41%), Vitamin B3: 5.08mg (25.42%), Vitamin A: 1192.84IU (23.86%), Vitamin B6: 0.43mg (21.46%), Vitamin B2: 0.33mg (19.3%), Copper: 0.37mg (18.46%), Calcium: 161.09mg (16.11%), Folate: 60.83µg (15.21%), Magnesium: 60.26mg (15.07%), Zinc: 2.19mg (14.58%), Iron: 2.6mg (14.44%), Vitamin B5: 1.39mg (13.87%), Potassium: 473.31mg (13.52%), Vitamin B1: 0.2mg (13.49%), Fiber: 3.09g (12.37%), Vitamin B12: 0.64µg (10.71%), Vitamin C: 8.2mg (9.94%), Vitamin E: 0.97mg (6.44%), Vitamin D: 0.37µg (2.45%)