



WHATSHEATE



Turkey Tetrazzini

READY IN



60 min.

SERVINGS



6

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 oz alfredo sauce refrigerated reduced-fat
- ☐ 0.5 cup almonds sliced
- ☐ 1 bell pepper chopped
- ☐ 0.5 cup breadcrumbs
- ☐ 5 tablespoons butter
- ☐ 8 oz mushrooms fresh quartered
- ☐ 0.3 cup sherry dry
- ☐ 0.5 cup onion chopped (1 medium)
- ☐ 0.5 cup parmesan shredded finely

- ☐ 0.5 lb pasta like spaghetti uncooked
- ☐ 3 cups turkey cooked

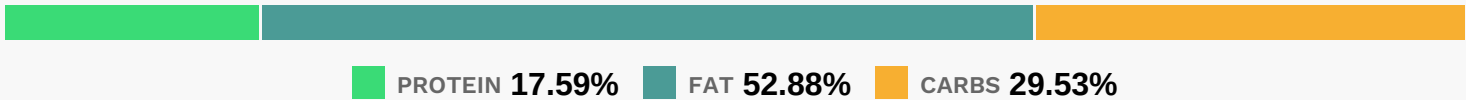
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Heat oven to 350F. Spray 13x9-inch (3-quart) baking dish or 3-quart baking dish with cooking spray. Cook and drain spaghetti as directed on package using minimum cook time. In 4-quart Dutch oven or saucepan, melt 3 tablespoons of the butter over medium heat. Cook and stir onion in butter 3 minutes or until onion begins to soften. Stir in bell pepper and mushrooms. Cook and stir 5 to 8 minutes longer or until vegetables are tender.
- ☐ Stir sherry, Alfredo sauce and 1/2 cup of the cheese into mushroom mixture. Cook and stir about 2 minutes or just until hot and ingredients are blended. Stir in turkey and spaghetti. Spoon into baking dish.
- ☐ In small bowl, stir together bread crumbs, remaining 2 tablespoons butter and remaining 2 tablespoons cheese.
- ☐ Sprinkle crumbs and almonds evenly over mushroom mixture.
- ☐ Bake 30 to 35 minutes or until hot and topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:12.34, Inflammation Score:-8, Nutrition Score:19.486956389054%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 606.64kcal (30.33%), Fat: 34.92g (53.72%), Saturated Fat: 12.33g (77.07%), Carbohydrates: 43.87g (14.62%), Net Carbohydrates: 40.28g (14.65%), Sugar: 5.78g (6.43%), Cholesterol: 103.44mg (34.48%), Sodium: 1006.41mg (43.76%), Alcohol: 1.37g (100%), Alcohol %: 0.57% (100%), Protein: 26.14g (52.28%), Selenium: 42.55µg (60.78%), Vitamin B3: 6.92mg (34.62%), Manganese: 0.68mg (34.25%), Vitamin C: 27.19mg (32.96%), Phosphorus: 318.57mg (31.86%), Vitamin B2: 0.44mg (26.16%), Vitamin B6: 0.5mg (25.05%), Vitamin A: 1131.56IU (22.63%), Copper: 0.38mg (19.07%), Vitamin E: 2.76mg (18.37%), Magnesium: 69.49mg (17.37%), Calcium: 159.45mg (15.95%), Zinc: 2.3mg (15.34%), Fiber: 3.59g (14.38%), Vitamin B1: 0.21mg (14.21%), Potassium: 473.01mg (13.51%), Vitamin B5: 1.35mg (13.5%), Vitamin B12: 0.76µg (12.74%), Iron: 2.04mg (11.36%), Folate: 42.2µg (10.55%), Vitamin D: 0.27µg (1.78%), Vitamin K: 1.85µg (1.76%)