



Turkey Tetrazzini

READY IN



45 min.

SERVINGS



6

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce baby bella mushrooms sliced (cremini)
- ☐ 1 cup breadcrumbs fresh soft fine ()
- ☐ 5 tablespoons butter divided
- ☐ 2 cups fusilli hot cooked
- ☐ 0.8 cup evaporated milk at room temperature
- ☐ 2 tablespoons flour
- ☐ 0.7 cup green onions chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 cups chicken broth low-sodium

- ☐ 0.3 cup parmesan cheese divided freshly grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 cup cooking sherry
- ☐ 3 cups turkey diced cooked

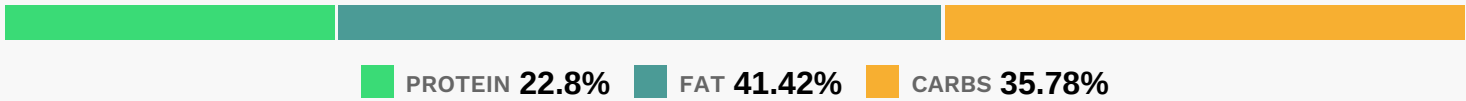
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Heat 2 tablespoons butter in a large, deep, heavy skillet over medium heat.
- ☐ Add mushrooms and green onions, and saut 8 to 10 minutes or until soft.
- ☐ Transfer to a large plate.
- ☐ Melt 2 more tablespoons butter in skillet, and add flour, stirring until smooth, about 1 minute.
- ☐ Add chicken broth and half-and-half. Cook, stirring occasionally, 6 to 8 minutes or until lightly thickened and smooth.
- ☐ Remove from heat; stir in 1/4 cup Parmesan and next 3 ingredients. Fold in mushroom mixture, cooked pasta, and turkey. Return to medium heat, and cook until thoroughly heated.
- ☐ Transfer to a lightly greased 11- x 7-inch (2-quart) baking dish. Melt remaining 1 tablespoon butter; mix in breadcrumbs and remaining 1 tablespoon Parmesan.
- ☐ Sprinkle topping evenly over dish.
- ☐ Place on middle oven rack, and bake 25 to 30 minutes or until bubbling and beginning to brown.

Nutrition Facts



Properties

Glycemic Index:42.08, Glycemic Load:7.13, Inflammation Score:-6, Nutrition Score:17.609565097353%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 388.95kcal (19.45%), Fat: 17.69g (27.22%), Saturated Fat: 9.26g (57.85%), Carbohydrates: 34.39g (11.46%), Net Carbohydrates: 32.25g (11.73%), Sugar: 5.65g (6.28%), Cholesterol: 73.63mg (24.54%), Sodium: 591.16mg (25.7%), Alcohol: 1.03g (100%), Alcohol %: 0.44% (100%), Protein: 21.91g (43.82%), Selenium: 38.52µg (55.03%), Vitamin B3: 7.95mg (39.73%), Phosphorus: 314.36mg (31.44%), Vitamin B2: 0.52mg (30.71%), Vitamin K: 25.58µg (24.37%), Manganese: 0.42mg (21.24%), Vitamin B6: 0.42mg (21.05%), Vitamin B1: 0.28mg (18.97%), Copper: 0.37mg (18.74%), Calcium: 183.08mg (18.31%), Potassium: 549.44mg (15.7%), Zinc: 2.35mg (15.66%), Vitamin B12: 0.91µg (15.2%), Iron: 2.52mg (14%), Vitamin B5: 1.37mg (13.67%), Folate: 49.86µg (12.47%), Magnesium: 44.72mg (11.18%), Vitamin A: 542.4IU (10.85%), Fiber: 2.14g (8.56%), Vitamin E: 0.49mg (3.29%), Vitamin C: 2.69mg (3.26%), Vitamin D: 0.24µg (1.59%)