

Turkey Tetrazzini

 Popular

READY IN



95 min.

SERVINGS



4

CALORIES



977 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups mushrooms sliced
- ☐ 8 Tbsp butter unsalted divided
- ☐ 0.3 cup flour all-purpose
- ☐ 12 oz extra wide egg noodles
- ☐ 1.5 cups milk
- ☐ 0.3 cup whipping cream
- ☐ 2 cups chicken broth
- ☐ 0.3 cup cooking sherry dry white dry (or vermouth or wine)

- ☐ 3 cups turkey cooked coarsely chopped
- ☐ 1 cup peas
- ☐ 0.7 cup parmesan divided freshly grated (into)
- ☐ 0.3 cup swiss cheese shredded
- ☐ 2 Tbsp juice of lemon
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup bread crumbs fresh fine (or panko)

Equipment

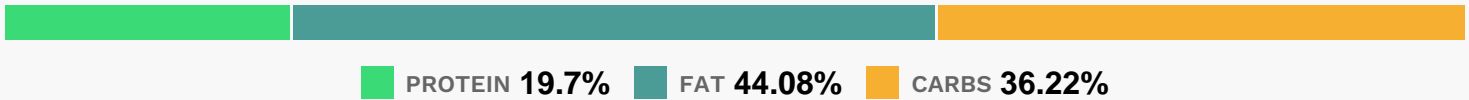
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven and heat water for pasta: Preheat oven to 375°F. Start heating 2 to 3 quarts of water for the pasta.
- ☐ Add 1 teaspoon of salt for each quart of water.
- ☐ Sauté mushrooms: Cook the mushrooms in 3 Tbsp of the butter over medium-high heat, stirring, until all of the liquid the mushrooms give off has evaporated, 5–7 minutes. Set aside.
- ☐ Make a roux with flour and butter: In a large, heavy saucepan, melt 4 Tbsp of butter. Stir in the flour, and cook the mixture over low heat, stirring, for 3 minutes.
- ☐ Add pasta to boiling water: About now, put the pasta into the boiling water you've heated. Follow the package directions and cook until al dente. While the pasta is cooking continue on with the recipe.
- ☐ Make the sauce: Into the saucepan with the butter and flour, slowly whisk in the milk, cream, chicken broth, and the sherry. Bring to a simmer and cook over medium-low heat, stirring constantly, for about 5 to 8 minutes.
- ☐ Assemble the casserole: When the pasta is ready, drain it. In a large bowl combine the pasta, the sauce, the mushrooms, the turkey, and the peas. Stir in 1/3 cup of the Parmesan and the 1/3 cup of Swiss cheese. Stir in the lemon juice.

- ☐ Add salt and pepper to taste.
- ☐ Note that if you have been using unsalted butter, and/or unsalted or low sodium stock, you will need to add more salt than you might expect. Just keep sprinkling it in until it is seasoned to your taste.
- ☐ Add a pinch of ground nutmeg if using, again to taste.
- ☐ Transfer the mixture to a buttered 3-quart casserole.
- ☐ Make breadcrumb Parmesan topping: In a small bowl combine well the remaining 1/3 cup Parmesan and the breadcrumbs.
- ☐ Sprinkle the mixture evenly over the tetrazzini, and dot the top with the remaining 1 tablespoon butter, cut into bits.
- ☐ Bake the Tetrazzini at 375°F in the middle rack of the oven for 30 to 40 minutes, or until it is bubbling and the top is golden.
- ☐ Garnish individual servings with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:75.58, Glycemic Load:33.7, Inflammation Score:-9, Nutrition Score:37.843043451724%

Flavonoids

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: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 976.98kcal (48.85%), Fat: 47.7g (73.38%), Saturated Fat: 26.39g (164.94%), Carbohydrates: 88.21g (29.4%), Net Carbohydrates: 81.74g (29.72%), Sugar: 12g (13.34%), Cholesterol: 236.02mg (78.67%), Sodium: 1130.11mg (49.14%), Alcohol: 1.54g (100%), Alcohol %: 0.32% (100%), Protein: 47.96g (95.91%), Selenium: 106.82µg (152.59%), Phosphorus: 769.58mg (76.96%), Vitamin B3: 13.2mg (66.02%), Vitamin B2: 1.04mg (61.31%), Manganese: 1.15mg (57.38%), Calcium: 480.78mg (48.08%), Vitamin B6: 0.9mg (45%), Vitamin B1: 0.59mg (39.55%), Vitamin B12: 2.29µg (38.13%), Copper: 0.75mg (37.48%), Zinc: 5.49mg (36.58%), Vitamin B5: 3.49mg (34.91%), Vitamin A: 1656.07IU (33.12%), Magnesium: 120.18mg (30.04%), Potassium: 1013.73mg (28.96%), Fiber: 6.47g (25.89%), Folate: 98.77µg (24.69%), Iron: 4.37mg (24.26%), Vitamin C: 19.51mg (23.65%), Vitamin D: 2.42µg

(16.16%), Vitamin K: 13.24µg (12.61%), Vitamin E: 1.44mg (9.61%)