

Turkey Tetrazzini

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



977 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bread crumbs fresh fine (or panko)
- ☐ 2 cups chicken broth
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 12 oz extra wide egg noodles
- ☐ 0.3 cup flour all-purpose
- ☐ 2 Tbsp juice of lemon
- ☐ 1.5 cups milk
- ☐ 4 cups mushrooms sliced

- ☐ 0.7 cup parmesan divided freshly grated (into)
- ☐ 1 cup peas
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup cooking sherry dry white dry (or vermouth or wine)
- ☐ 0.3 cup swiss cheese shredded
- ☐ 3 cups turkey cooked coarsely chopped
- ☐ 0.5 cup butter unsalted

Equipment

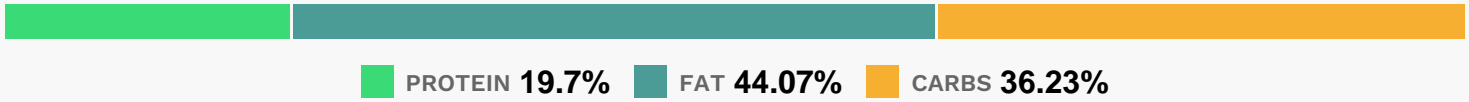
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ 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.2 Cook the mushrooms in 3 Tbsp of the butter over medium heat, stirring, until all of the liquid the mushrooms give off has evaporated, 5–10 minutes. Set aside.3 In a large, heavy saucepan, melt 1/4 cup of butter. Stir in the flour, and cook the mixture over low heat, stirring, for 3 minutes.4 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.5 Into the saucepan with the butter and flour, slowly whisk in the milk, cream, broth, and the sherry. Bring to a simmer and cook over medium–low heat, stirring constantly, for about 5 to 8 minutes.6 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.7 In a small bowl combine well the remaining 1/3 cup Parmesan and the bread crumbs.

- ☐
- Sprinkle the mixture evenly over the tetrazzini, and dot the top with the remaining 1 tablespoon butter, cut into bits.8
- ☐
- Bake the Tetrazzini 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:37.841739115508%

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: 976.8kcal (48.84%), Fat: 47.68g (73.35%), Saturated Fat: 26.38g (164.86%), Carbohydrates: 88.21g (29.4%), Net Carbohydrates: 81.74g (29.72%), Sugar: 12g (13.34%), Cholesterol: 235.97mg (78.66%), Sodium: 1130.1mg (49.13%), Alcohol: 1.54g (100%), Alcohol %: 0.32% (100%), Protein: 47.96g (95.91%), Selenium: 106.81µg (152.59%), Phosphorus: 769.57mg (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 (38.12%), Copper: 0.75mg (37.48%), Zinc: 5.49mg (36.58%), Vitamin B5: 3.49mg (34.91%), Vitamin A: 1655.44IU (33.11%), Magnesium: 120.18mg (30.04%), Potassium: 1013.72mg (28.96%), Fiber: 6.47g (25.89%), Folate: 98.76µg (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 (9.6%)