

## Turkey Tetrazzini I

READY IN



50 min.

SERVINGS



6

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 ounce angel hair pasta
- ☐ 0.3 cup butter
- ☐ 4.5 ounce mushrooms sliced canned
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground mustard
- ☐ 0.3 teaspoon ground pepper white
- ☐ 2 cups milk
- ☐ 0.7 cup onion sliced
- ☐ 2 tablespoons pimento peppers chopped

- ☐ 0.5 teaspoon poultry seasoning
- ☐ 1 teaspoon salt
- ☐ 1 cup sharp cheddar cheese shredded
- ☐ 1 pound turkey cooked chopped

## Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan

## Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C). Bring a large pot of lightly salted water to a boil.
- ☐ Add the pasta and cook for 4 minutes, or until almost tender.
- ☐ Drain.
- ☐ Melt the butter in a saucepan over medium heat.
- ☐ Add the onion; cook and stir until tender. Stir in the flour until blended, then gradually stir in the milk so that no lumps form. Season with salt, pepper, poultry seasoning and mustard. Cook over medium heat, stirring constantly until the mixture thickens.
- ☐ Remove from the heat and add 2/3 cup cheese and pimento, stirring until cheese melts.
- ☐ Add undrained mushrooms to cheese sauce.
- ☐ Place a layer of pasta in the bottom of a 9x13 inch baking dish. Cover with a layer of turkey, and then a layer of cheese sauce. Repeat the layers.
- ☐ Sprinkle remaining 1/3 cup cheese over top.
- ☐ Bake for about 25 minutes in the preheated oven, until sauce is bubbly and cheese on top is toasted.

## Nutrition Facts



 PROTEIN **22.52%**  FAT **41.61%**  CARBS **35.87%**

Properties

Glycemic Index:50.67, Glycemic Load:16.25, Inflammation Score:-6, Nutrition Score:16.890869430874%

Flavonoids

Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg 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: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 443.34kcal (22.17%), Fat: 20.47g (31.49%), Saturated Fat: 10.91g (68.21%), Carbohydrates: 39.71g (13.24%), Net Carbohydrates: 37.38g (13.59%), Sugar: 6.46g (7.18%), Cholesterol: 87.57mg (29.19%), Sodium: 756.95mg (32.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.93g (49.85%), Selenium: 45.22µg (64.6%), Phosphorus: 367.32mg (36.73%), Vitamin B3: 5.55mg (27.76%), Calcium: 259.21mg (25.92%), Vitamin B6: 0.49mg (24.52%), Manganese: 0.46mg (22.88%), Vitamin B12: 1.31µg (21.83%), Vitamin B2: 0.36mg (21.16%), Zinc: 2.77mg (18.43%), Vitamin A: 724.41IU (14.49%), Magnesium: 55.72mg (13.93%), Vitamin B5: 1.21mg (12.08%), Vitamin B1: 0.18mg (12.04%), Potassium: 413.8mg (11.82%), Copper: 0.23mg (11.4%), Fiber: 2.33g (9.31%), Iron: 1.62mg (8.98%), Vitamin D: 1.21µg (8.07%), Vitamin C: 6.56mg (7.95%), Folate: 30.98µg (7.75%), Vitamin E: 0.55mg (3.66%), Vitamin K: 3.34µg (3.18%)