



Turkey Tetrazzini II

 Popular

READY IN



80 min.

SERVINGS



8

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter
- 3 cups chicken broth
- 0.5 cup flour all-purpose
- 2 cups milk
- 1.7 cups parmesan cheese grated
- 16 ounce pasta like spaghetti uncooked
- 4 cups turkey cooked chopped

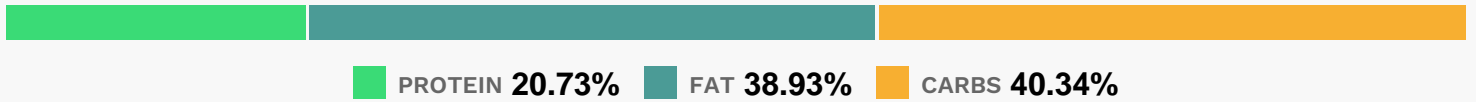
Equipment

- sauce pan
- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking dish.
- Bring a large pot of lightly salted water to a boil.
- Add spaghetti, and cook for 8 to 10 minutes or until al dente.
- Drain, and place in the prepared baking dish.
- Melt butter in a medium saucepan over medium heat. Stir in flour.
- Mix in chicken broth and milk. Cook and stir until the mixture comes to a boil. Stir in about 1 1/3 cups Parmesan cheese, and remove from heat.
- Mix chicken broth mixture and turkey with spaghetti. Top with remaining cheese.
- Bake 1 hour in the preheated oven, until surface is lightly browned.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:22.42, Inflammation Score:-6, Nutrition Score:17.70782596132%

Nutrients (% of daily need)

Calories: 540.19kcal (27.01%), Fat: 23.21g (35.71%), Saturated Fat: 12.56g (78.52%), Carbohydrates: 54.13g (18.04%), Net Carbohydrates: 52.1g (18.95%), Sugar: 4.9g (5.45%), Cholesterol: 93.49mg (31.16%), Sodium: 865.15mg (37.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.81g (55.62%), Selenium: 58.01µg (82.88%), Phosphorus: 407.17mg (40.72%), Manganese: 0.64mg (31.99%), Calcium: 284.67mg (28.47%), Vitamin B3: 5.5mg (27.48%), Vitamin B2: 0.38mg (22.2%), Vitamin B6: 0.44mg (21.81%), Vitamin B12: 1.26µg (20.98%), Zinc: 2.97mg (19.77%), Magnesium: 59.97mg (14.99%), Vitamin A: 663.17IU (13.26%), Vitamin B1: 0.2mg (13.01%), Copper: 0.24mg (11.78%), Potassium: 395.23mg (11.29%), Vitamin B5: 1mg (10%), Iron: 1.69mg (9.36%), Fiber: 2.03g (8.1%), Folate: 29.66µg (7.41%), Vitamin D: 0.92µg (6.16%), Vitamin E: 0.61mg (4.09%), Vitamin K: 1.61µg (1.53%)