



## Turkey Tetrazzini Lasagna

READY IN



75 min.

SERVINGS



8

CALORIES



815 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 32 oz alfredo sauce
- ☐ 1 cup peas sweet frozen thawed
- ☐ 0.3 cup breadcrumbs italian
- ☐ 2 tablespoons butter melted
- ☐ 1 eggs
- ☐ 12 oz pizza cheese shredded italian
- ☐ 1.5 teaspoons seasoning italian
- ☐ 12 lasagne pasta sheets uncooked
- ☐ 0.3 cup milk

- ☐ 6 oz mushrooms drained sliced
- ☐ 15 oz ricotta cheese
- ☐ 8 oz sharp cheddar cheese shredded
- ☐ 2 cups turkey shredded cooked

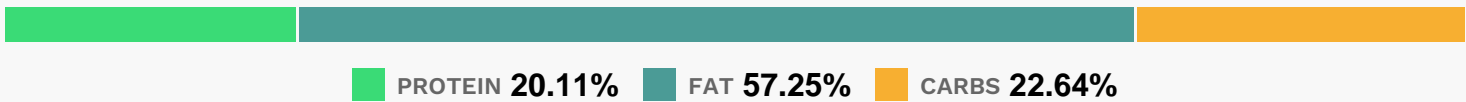
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

## Directions

- ☐ Heat oven to 350F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Cook and drain noodles as directed on package. Meanwhile, in medium bowl, mix ricotta cheese, 1 cup of the Italian cheese, the milk, Italian seasoning and egg.
- ☐ In baking dish, spread 1 cup of the Alfredo sauce. Top with 4 noodles.
- ☐ Layer with 1 cup of the ricotta mixture, 1 cup of the turkey, 1/2 cup of the peas, half of the mushrooms and 1 cup of the Italian cheese. Top with 1 cup of the Alfredo sauce. Top with 4 more noodles; repeat layers once. Top with remaining 4 noodles. Spoon remaining 2 cups Alfredo sauce over noodles. In small bowl, mix bread crumbs and melted butter; sprinkle over lasagna.
- ☐ Cover; bake 40 minutes. Uncover; sprinkle with Cheddar cheese.
- ☐ Bake about 10 minutes longer or until noodles are tender and lasagna is bubbly.
- ☐ Let stand 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:33.17, Glycemic Load:14.22, Inflammation Score:-6, Nutrition Score:18.440434787584%

Nutrients (% of daily need)

Calories: 815.3kcal (40.76%), Fat: 51.81g (79.7%), Saturated Fat: 23.53g (147.05%), Carbohydrates: 46.1g (15.37%), Net Carbohydrates: 43.15g (15.69%), Sugar: 5.32g (5.91%), Cholesterol: 185.14mg (61.71%), Sodium: 1171.57mg (50.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.95g (81.9%), Selenium: 52.89µg (75.56%), Calcium: 439.76mg (43.98%), Phosphorus: 403.95mg (40.4%), Vitamin B2: 0.47mg (27.42%), Manganese: 0.54mg (27.02%), Zinc: 3.21mg (21.38%), Vitamin B3: 4.16mg (20.78%), Vitamin B6: 0.33mg (16.36%), Vitamin A: 809.07IU (16.18%), Vitamin B12: 0.9µg (15.08%), Copper: 0.28mg (13.92%), Magnesium: 54.46mg (13.62%), Vitamin B1: 0.18mg (12.07%), Fiber: 2.95g (11.81%), Folate: 45.42µg (11.36%), Vitamin B5: 1.09mg (10.95%), Potassium: 372.22mg (10.63%), Iron: 1.83mg (10.18%), Vitamin C: 7.71mg (9.34%), Vitamin K: 8.71µg (8.3%), Vitamin D: 0.59µg (3.92%), Vitamin E: 0.58mg (3.87%)