

Chicken Tetrazzini

Mrs. W. B. Hatcher

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 8

1 four-pound chicken, quartered
1 carrot, diced
1 medium onion, chopped
2 stalks celery, coarsely chopped
salt
pepper
3 tablespoons butter or chicken fat
3 tablespoons flour
2 cups chicken broth
1 cup half-and-half
1/2 pound mushrooms, saute'ed in butter
2 tablespoons sherry
1/4 pound Parmesan or Cheddar cheese, grated
1/2 cup buttered bread crumbs
1/2 pound spaghetti

Boil the chicken in water to cover. Add the carrot, onions, celery, salt and pepper to taste. Allow the chicken to cool in the broth. Then remove and cut into bite-size pieces. Strain the broth.

Make a medium sauce with the butter, flour, chicken broth and half-and-half. Add the mushrooms and sherry.

Boil the spaghetti in the chicken broth according to package directions.

In a greased baking dish, combine the sauce, mushrooms, chicken and spaghetti. Sprinkle with grated cheese and the bread crumbs.

Bake in a 375 degree oven until heated thoroughly and lightly browned.

Per Serving (excluding unknown items): 550 Calories; 30g Fat (50.6% calories from fat); 38g Protein; 28g Carbohydrate; 2g Dietary Fiber; 170mg Cholesterol; 337mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 3 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	550	Vitamin B6 (mg):	.7mg
% Calories from Fat:	50.6%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	20.8%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	28.6%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	30g	Folacin (mcg):	69mcg

Saturated Fat (g): 8g
Monounsaturated Fat (g): 12g
Polyunsaturated Fat (g): 6g
Cholesterol (mg): 170mg
Carbohydrate (g): 28g
Dietary Fiber (g): 2g
Protein (g): 38g
Sodium (mg): 337mg
Potassium (mg): 655mg
Calcium (mg): 38mg
Iron (mg): 4mg
Zinc (mg): 3mg
Vitamin C (mg): 8mg
Vitamin A (i.u.): 4135IU
Vitamin A (r.e.): 729 1/2RE

Niacin (mg): 17mg
Caffeine (mg): 0mg
Alcohol (kcal): 5
% Refuse: n n%

Food Exchanges

Grain (Starch): 1 1/2
Lean Meat: 4 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 550 **Calories from Fat:** 278

% Daily Values*

Total Fat 30g	46%
Saturated Fat 8g	41%
Cholesterol 170mg	57%
Sodium 337mg	14%
Total Carbohydrates 28g	9%
Dietary Fiber 2g	7%
Protein 38g	
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Vitamin A	83%
Vitamin C	13%
Calcium	4%
Iron	24%

* Percent Daily Values are based on a 2000 calorie diet.