

Tempting Tetrazzini Casserole

Walmart Ad

Servings: 6

1 can (26 ounce) condensed cream of chicken soup
1 1/4 cups milk
3/4 cup Parmesan cheese, grated
1 teaspoon onion powder
3 cups cooked or canned chicken, cubed
1 can (about 4.5 ounce) sliced mushrooms, drained
8 ounces (about 4 cups) spaghetti, cooked according to package directions
1/3 cup dry bread crumbs
2 tablespoons butter, melted

Preheat the oven to 400 degrees.

In a large bowl, stir the soup, milk, Parmesan cheese and onion powder. Add the chicken, mushrooms and spaghetti. Toss to coat.

Spoon the chicken mixture into a three-quart shallow baking dish.

Stir the bread crumbs and butter in a small bowl with a fork. Sprinkle the bread crumbs mixture over the chicken mixture.

Bake for 25 minutes or until the mixture is hot and bubbling.

Start to Finish Time: 35 minutes

Per Serving (excluding unknown items): 559 Calories; 11g Fat (17.4% calories from fat); 21g Protein; 93g Carbohydrate; 3g Dietary Fiber; 25mg Cholesterol; 310mg Sodium. Exchanges: 6 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	559	Vitamin B6 (mg):	.2mg
% Calories from Fat:	17.4%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	67.1%	Thiamin B1 (mg):	1.2mg
% Calories from Protein:	15.5%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	11g	Folacin (mcg):	28mcg
Saturated Fat (g):	6g	Niacin (mg):	9mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	25mg	% Refuse:	0 0%

Carbohydrate (g):	93g
Dietary Fiber (g):	3g
Protein (g):	21g
Sodium (mg):	310mg
Potassium (mg):	332mg
Calcium (mg):	235mg
Iron (mg):	5mg
Zinc (mg):	2mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	279IU
Vitamin A (r.e.):	76RE

Food Exchanges

Grain (Starch):	6
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 559 Calories from Fat: 97

% Daily Values*

Total Fat 11g	16%
Saturated Fat 6g	28%
Cholesterol 25mg	8%
Sodium 310mg	13%
Total Carbohydrates 93g	31%
Dietary Fiber 3g	12%
Protein 21g	

Vitamin A	6%
Vitamin C	2%
Calcium	24%
Iron	28%

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