

Salmon Tetrazzini

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

1 can (16 ounce) salmon
1/2 cup butter or margarine
1/2 cup flour
2 cups hot chicken broth
1/2 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon nutmeg
1/4 cup dry sherry
1/2 cup light cream
1/2 pound mushrooms, sliced
1/2 pound spaghetti, cooked
2 tablespoons butter or margarine
1/2 cup Parmesan cheese, grated
1/2 cup bread crumbs

Preheat the oven to 350 degrees.

Make the cream sauce first. In a saucepan, melt 1/2 cup of butter. Blend in the flour. Gradually add the hot chicken broth, stirring until the sauce is smooth and velvety. Season with salt and pepper. Add the nutmeg and sherry.

Drain the salmon. Stir the liquid into the sauce. Simmer for 8 to 10 minutes, stirring occasionally. Add the cream. Keep hot.

Saute' the mushrooms lightly in two tablespoons of butter. Add to the sauce.

Stir one-half of the sauce into the cooked spaghetti. Spread the spaghetti in a large flat casserole or deep oversize pie plate.

Flake the salmon coarsely. Mix with the remaining sauce. Carefully pour over the spaghetti. In a bowl, mix the cheese and bread crumbs. Sprinkle over the top of the casserole.

Bake for 15 to 20 minutes until well browned.

(If everything is hot when the casserole is assembled, you can merely brown the top under the broiler.)

Per Serving (excluding unknown items): 735 Calories; 40g Fat (50.3% calories from fat); 21g Protein; 68g Carbohydrate; 3g Dietary Fiber; 116mg Cholesterol; 896mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 7 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	735	Vitamin B6 (mg):	.2mg
% Calories from Fat:	50.3%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	37.9%	Thiamin B1 (mg):	.9mg
% Calories from Protein:	11.8%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	40g	Folacin (mcg):	44mcg
Saturated Fat (g):	24g	Niacin (mg):	9mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	17
Cholesterol (mg):	116mg	% Refuse:	0.0%
Carbohydrate (g):	68g		
Dietary Fiber (g):	3g		
Protein (g):	21g		
Sodium (mg):	896mg		
Potassium (mg):	477mg		
Calcium (mg):	227mg		
Iron (mg):	5mg		
Zinc (mg):	2mg		
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	1395IU		
Vitamin A (r.e.):	351 1/2RE		

Food Exchanges

Grain (Starch):	4 1/2
Lean Meat:	1
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	7
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 735 **Calories from Fat:** 370

% Daily Values*

Total Fat 40g	62%
Saturated Fat 24g	119%
Cholesterol 116mg	39%
Sodium 896mg	37%
Total Carbohydrates 68g	23%
Dietary Fiber 3g	11%
Protein 21g	
Vitamin A	28%
Vitamin C	4%
Calcium	23%
Iron	27%

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