

Baked Chicken

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Servings: 6

1 (2-1/2 to 3 pound) chicken, cut into serving pieces
2 bay leaves
1/2 cup Italian salad dressing
1 package (2.4 ounce) dry onion soup mix
1/4 teaspoon dried oregano
1 can (4.5 ounce) whole mushrooms, drained
2 medium tomatoes, quartered

Bake: 1 hour

Preheat the oven to 350 degrees.

In a greased 13x9x2-inch baking pan, arrange the chicken. Tuck the bay leaves around the chicken.

In a small bowl, combine the salad dressing, onion soup mix and oregano. Pour the mixture over the chicken.

Bake, uncovered, basting occasionally, for 40 minutes.

Add the mushrooms and tomatoes and bake an additional 20 minutes or until the chicken and vegetables are tender.

Per Serving (excluding unknown items): 636 Calories; 48g Fat (69.6% calories from fat); 43g Protein; 4g Carbohydrate; trace Dietary Fiber; 226mg Cholesterol; 331mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 0 Fruit; 6 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	636	Vitamin B6 (mg):	.8mg
% Calories from Fat:	69.6%	Vitamin B12 (mcg):	2.5mcg
% Calories from Carbohydrates:	2.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	27.7%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	48g	Folacin (mcg):	73mcg
Saturated Fat (g):	12g	Niacin (mg):	16mg
Monounsaturated Fat (g):	18g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	14g
Cholesterol (mg):	226mg
Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	43g
Sodium (mg):	331mg
Potassium (mg):	588mg
Calcium (mg):	30mg
Iron (mg):	4mg
Zinc (mg):	3mg
Vitamin C (mg):	14mg
Vitamin A (i.u.):	2397IU
Vitamin A (r.e.):	664 1/2RE

Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 636	Calories from Fat: 443
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% Daily Values*

Total Fat 48g	75%
Saturated Fat 12g	60%
Cholesterol 226mg	75%
Sodium 331mg	14%
Total Carbohydrates 4g	1%
Dietary Fiber trace	2%
Protein 43g	
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Vitamin A	48%
Vitamin C	23%
Calcium	3%
Iron	21%

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