

Cashew Chicken Delish

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

4 whole boneless/ skinless chicken breasts

1 can (10-1/2 ounce) cream of chicken soup

2 tablespoons brandy

1/3 cup sour cream

2 green onions, chopped

1/2 teaspoon paprika

pepper (to taste)

1/4 cup whole cashews

fresh parsley, chopped

Preheat the oven to 400 degrees.

Arrange the chicken in a 13x9x2-inch baking dish. Add a small amount of water to create steam. Cover the baking dish with foil.

Bake for 35 minutes.

In a bowl, stir together the soup, brandy, sour cream, green onions, paprika, pepper, cashews and parsley. Pour over the chicken. Cover.

Bake for 30 minutes longer.

Per Serving (excluding unknown items): 60 Calories; 4g Fat (70.7% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 7mg Cholesterol; 172mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	60
% Calories from Fat:	70.7%
% Calories from Carbohydrates:	20.6%
% Calories from Protein:	8.8%
Total Fat (g):	4g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	7mg
Carbohydrate (g):	3g
	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	5mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	11
% Daily Value:	0.0%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): 1g
Sodium (mg): 172mg
Potassium (mg): 51mg
Calcium (mg): 24mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 329IU
Vitamin A (r.e.): 53RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 60 Calories from Fat: 43

% Daily Values*

Total Fat	4g	6%
Saturated Fat	2g	10%
Cholesterol	7mg	2%
Sodium	172mg	7%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	1%
Protein	1g	

Vitamin A	7%
Vitamin C	2%
Calcium	2%
Iron	1%

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