

Cherry Chicken

Mrs. Whitehead Elmore

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

Servings: 4

3 whole chicken breasts
1/3 cup flour
1 1/2 teaspoons salt
1 1/2 teaspoons garlic salt
1 1/2 teaspoons paprika
1/4 cup oil
1 can (16 ounce) pitted dark sweet cherries
1 cup sauterne wine
4 cups hot cooked rice

Cut the breasts in half.

In a bowl, mix the flour, salt, garlic salt and paprika. Coat the chicken with the mixture.

In a skillet, brown the chicken in oil. Add the cherries (including the liquid) and the wine to the chicken.

Cover and simmer about one hour.

Serve over rice.

Per Serving (excluding unknown items): 442 Calories; 14g Fat (32.4% calories from fat); 6g Protein; 61g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1575mg Sodium. Exchanges: 4 Grain(Starch); 0 Lean Meat; 2 1/2 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	442	Vitamin B6 (mg):	1.7mg
% Calories from Fat:	32.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	61.3%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	6.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	14g	Folacin (mcg):	112mcg
Saturated Fat (g):	2g	Niacin (mg):	4mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	40
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	61g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	4

Protein (g): 6g
Sodium (mg): 1575mg
Potassium (mg): 151mg
Calcium (mg): 34mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 523IU
Vitamin A (r.e.): 52RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 442 **Calories from Fat:** 143

% Daily Values*

Total Fat	14g	22%
Saturated Fat	2g	9%
Cholesterol	0mg	0%
Sodium	1575mg	66%
Total Carbohydrates	61g	20%
Dietary Fiber	2g	6%
Protein	6g	
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Vitamin A		10%
Vitamin C		1%
Calcium		3%
Iron		7%

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