

# Chicken Almondine

Louise Rousseau Brunner  
*Casserole Treasury (1964)*

## Servings: 10

3 1/2 - 4 cups cooked chicken, diced  
3 tablespoons butter or margarine  
2 tablespoons flour  
1 cup milk  
salt  
pepper  
1 tablespoon onion, minced  
1/2 cup dry white wine  
1 cup chicken broth  
1 clove  
1 small bay leaf  
1/2 cup slivered almonds, toasted  
3 egg yolks  
1/4 cup heavy cream  
1/4 cup dry sherry  
1 tablespoon Angostura bitters  
2 tablespoons bread crumbs

Preheat the oven to 325 degrees.

Make a white sauce of two tablespoons of butter, two tablespoons of flour and one cup of milk. Season to taste.

In a skillet, lightly saute' the onion in 1/2 teaspoon of butter.

Stir in the white sauce, wine, chicken broth, clove and bay leaf. Simmer about 5 minutes. Stir in the chicken and almonds.

In a bowl, mix the egg yolks with the cream, sherry and Angostura bitters. Blend well. Stir into the chicken mixture. Pour into a medium casserole.

Melt the remaining butter. Stir in the crumbs. Sprinkle on top of the casserole.

Bake for 15 minutes, uncovered. Brown under the broiler.

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Per Serving (excluding unknown items): 498 Calories; 21g Fat (40.1% calories from fat); 65g Protein; 6g Carbohydrate; 1g Dietary Fiber; 251mg Cholesterol; 294mg Sodium. Exchanges: 1/2 Grain(Starch); 9 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	498	Vitamin B6 (mg):	1.2mg
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% Calories from Fat:	40.1%
% Calories from Carbohydrates:	4.9%
% Calories from Protein:	55.0%
Total Fat (g):	21g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	251mg
Carbohydrate (g):	6g
Dietary Fiber (g):	1g
Protein (g):	65g
Sodium (mg):	294mg
Potassium (mg):	633mg
Calcium (mg):	98mg
Iron (mg):	3mg
Zinc (mg):	3mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	406IU
Vitamin A (r.e.):	113 1/2RE

Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	23mcg
Niacin (mg):	25mg
Caffeine (mg):	0mg
Alcohol (kcal):	15
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	1/2
Lean Meat:	9
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 10

### Amount Per Serving

**Calories** 498 Calories from Fat: 200

### % Daily Values\*

<b>Total Fat</b> 21g	32%
Saturated Fat 7g	37%
<b>Cholesterol</b> 251mg	84%
<b>Sodium</b> 294mg	12%
<b>Total Carbohydrates</b> 6g	2%
Dietary Fiber 1g	3%
<b>Protein</b> 65g	
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<b>Vitamin A</b>	8%
<b>Vitamin C</b>	2%
<b>Calcium</b>	10%
<b>Iron</b>	16%

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