

# Chicken Breast Piquante

Mrs. Lloyd T. Leake

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

## Servings: 6

6 to 8 chicken breast halves, cut into serving pieces

salt

pepper

1/4 cup sherry

1/2 cup sauterne wine

1/4 cup soy sauce

1/4 cup salad oil

1 tablespoon brown sugar

2 tablespoons water

1 clove garlic, minced

1/4 teaspoon ginger

1/4 teaspoon oregano

mushrooms (optional)

parsley (optional)

Rub the chicken lightly with salt and pepper.

In a Dutch oven (or greased 13x9x2-inch baking dish), Combine the sherry, sauterne, soy sauce (reduce the amount of soy sauce if cooking sherry is used), salad oil, brown sugar, water, garlic, ginger and oregano.

Add salt and pepper, if desired. Place the chicken in this sauce and marinate in the refrigerator for twelve to fourteen hours.

Bake at 350 degrees for one hour.

Mushrooms and parsley may be added during the last 15 minutes of baking time.

Serve over rice.

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Per Serving (excluding unknown items): 370 Calories; 23g Fat (59.4% calories from fat); 31g Protein; 4g Carbohydrate; trace Dietary Fiber; 93mg Cholesterol; 780mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	370	Vitamin B6 (mg):	.8mg
% Calories from Fat:	59.4%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	4.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	36.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	23g	Folacin (mcg):	8mcg
Saturated Fat (g):	5g	Niacin (mg):	15mg

Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	93mg
Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	31g
Sodium (mg):	780mg
Potassium (mg):	374mg
Calcium (mg):	24mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	125IU
Vitamin A (r.e.):	35RE

Caffeine (mg):	0mg
Alcohol (kcal):	27
% Refuse:	n n%

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### Food Exchanges

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

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### Nutrition Facts

Servings per Recipe: 6

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#### Amount Per Serving

<b>Calories</b> 370	Calories from Fat: 220
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#### % Daily Values\*

<b>Total Fat</b> 23g	35%
Saturated Fat 5g	25%
<b>Cholesterol</b> 93mg	31%
<b>Sodium</b> 780mg	32%
<b>Total Carbohydrates</b> 4g	1%
Dietary Fiber trace	1%
<b>Protein</b> 31g	
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<b>Vitamin A</b>	2%
<b>Vitamin C</b>	3%
<b>Calcium</b>	2%
<b>Iron</b>	8%

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