

Chicken Breast Romano

Mr. Vern Lanegrass

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

Servings: 2

2 whole boneless/ skinless chicken breasts

lemon juice

2 tablespoons butter

1 bottle (6 ounce) marinated

artichoke hearts

1/2 pound sliced fresh mushrooms

2 green onions, chopped

1/2 cup dry white wine

salt (to taste)

pepper (to taste)

1 tablespoon Pesto a la Genovese (green basil sauce)

Wash the chicken in fresh lemon juice. Drain the chicken. In a skillet over high heat, melt the butter. Brown the chicken on both sides.

Pour the marinade from the artichoke hearts over the chicken. Place the mushrooms and green onions into the skillet with the chicken. Let fry down. Lower the heat to medium.

Pour the wine over all and let simmer. Salt and pepper to taste. Place the artichoke hearts in the skillet and heat through.

Blend the pesto into the wine sauce. When the sauce has cooked down, serve on a bed of rice.

Per Serving (excluding unknown items): 187 Calories; 13g Fat (72.2% calories from fat); 3g Protein; 8g Carbohydrate; 2g Dietary Fiber; 31mg Cholesterol; 170mg Sodium. Exchanges: 1 1/2 Vegetable; 2 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 187 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 72.2% | Vitamin B12 (mcg): | trace |
| % Calories from Carbohydrates: | 19.6% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 8.2% | Riboflavin B2 (mg): | .5mg |
| Total Fat (g): | 13g | Folacin (mcg): | 34mcg |
| Saturated Fat (g): | 7g | Niacin (mg): | 5mg |
| Monounsaturated Fat (g): | 3g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 1g | Alcohol (kcal): | 40 |
| | | | 0.0% |

| | |
|---------------------------|-------|
| Cholesterol (mg): | 31mg |
| Carbohydrate (g): | 8g |
| Dietary Fiber (g): | 2g |
| Protein (g): | 3g |
| Sodium (mg): | 170mg |
| Potassium (mg): | 512mg |
| Calcium (mg): | 25mg |
| Iron (mg): | 2mg |
| Zinc (mg): | 1mg |
| Vitamin C (mg): | 7mg |
| Vitamin A (i.u.): | 491IU |
| Vitamin A (r.e.): | 113RE |

% Daily Values*

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 187 **Calories from Fat:** 135

% Daily Values*

| | |
|-------------------------------|-----|
| Total Fat 13g | 19% |
| Saturated Fat 7g | 36% |
| Cholesterol 31mg | 10% |
| Sodium 170mg | 7% |
| Total Carbohydrates 8g | 3% |
| Dietary Fiber 2g | 9% |
| Protein 3g | |
| <hr/> | |
| Vitamin A | 10% |
| Vitamin C | 11% |
| Calcium | 3% |
| Iron | 10% |

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