

# Chicken Breasts Stuffed with Shrimp

Mrs. E. D. Bateman Jr

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

## Servings: 8

*8 boneless whole chicken breasts*  
*2 eggs, beaten*  
*1/4 cup water*  
*seasoned salt*  
*pepper*  
*red pepper (optional)*  
*Parmesan cheese*  
*bread crumbs*  
*1 pound shrimp*  
*2 small onions, chopped*  
*1/2 cup margarine, melted*  
*1/2 cup sherry*

Preheat the oven to 350 degrees.

In a bowl, mix the beaten eggs and water. Dip the chicken breasts in the egg mixture. Season with salt and pepper. Roll the breasts in the Parmesan cheese and breadcrumbs.

In a skillet, saute' the shrimp and onions.

Lay out the breasts on a flat surface. Layer the saute'd shrimp on the chicken breast halves. Roll up jelly-roll fashion. Fasten with a toothpick.

Spread the melted margarine on the bottom of a baking pan. Place the stuffed breasts in the bottom of the baking pan. Pour the sherry over the top.

Bake for 1-1/2 hours., basting with the pan juices.

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Per Serving (excluding unknown items): 211 Calories; 14g Fat (63.3% calories from fat); 14g Protein; 4g Carbohydrate; trace Dietary Fiber; 139mg Cholesterol; 237mg Sodium. Exchanges: 2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.

Chicken, Seafood

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	211	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	63.3%	<b>Vitamin B12 (mcg):</b>	.7mcg
<b>% Calories from Carbohydrates:</b>	8.8%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	27.9%	<b>Riboflavin B2 (mg):</b>	.1mg

**Total Fat (g):** 14g  
**Saturated Fat (g):** 2g  
**Monounsaturated Fat (g):** 6g  
**Polyunsaturated Fat (g):** 4g  
**Cholesterol (mg):** 139mg  
**Carbohydrate (g):** 4g  
**Dietary Fiber (g):** trace  
**Protein (g):** 14g  
**Sodium (mg):** 237mg  
**Potassium (mg):** 184mg  
**Calcium (mg):** 47mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 668IU  
**Vitamin A (r.e.):** 161RE

**Folacin (mcg):** 13mcg  
**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 21  
**% Refuse:** n n%

### Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 211 **Calories from Fat:** 134

### % Daily Values\*

<b>Total Fat</b>	14g	21%
	Saturated Fat 2g	12%
<b>Cholesterol</b>	139mg	46%
<b>Sodium</b>	237mg	10%
<b>Total Carbohydrates</b>	4g	1%
	Dietary Fiber trace	2%
<b>Protein</b>	14g	
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<b>Vitamin A</b>		13%
<b>Vitamin C</b>		5%
<b>Calcium</b>		5%
<b>Iron</b>		9%

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