

Chicken Breasts and Broccoli

Mrs. Charles F. Duchein Jr

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

Servings: 4

2 whole chicken breasts or equivalent dark meat
water
onion
celery
2 packages (10 ounce ea) frozen broccoli spears
juice of 1/2 lemon (or to taste)
salt
pepper
2 cans (10-3/4 ounce ea) cream of chicken soup
1 cup mayonnaise (homemade preferred)
1 tablespoon curry powder (or less to taste)
1/2 cup Parmesan cheese, grated
1 cup fresh bread crumbs, buttered and toasted
paprika

Preheat the oven to 350 degrees.

Boil the chicken for 45 minutes in a small amount of water seasoned with onion and celery. Drain. Cut the chicken into bite-size pieces.

Undercook the broccoli in the amount of water specified on the package.

Arrange the broccoli and chicken in a lightly buttered two- to three-quart casserole. Squeeze lemon juice over all.

In a bowl, combine the soup, mayonnaise, salt, pepper and curry powder. Pour over the broccoli and chicken. Top with the Parmesan cheese and bread crumbs. Sprinkle with paprika.

Bake for 30 minutes.

Per Serving (excluding unknown items): 134 Calories; 7g Fat (47.8% calories from fat); 7g Protein; 11g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 740mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	134	Vitamin B6 (mg):	trace
% Calories from Fat:	47.8%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	31.8%	Thiamin B1 (mg):	.1mg
			.1mg

% Calories from Protein:	20.4%
Total Fat (g):	7g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	13mg
Carbohydrate (g):	11g
Dietary Fiber (g):	trace
Protein (g):	7g
Sodium (mg):	740mg
Potassium (mg):	69mg
Calcium (mg):	167mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	358IU
Vitamin A (r.e.):	50RE

Riboflavin B2 (mg):	
Folacin (mcg):	6mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 134	Calories from Fat: 64
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% Daily Values*

Total Fat 7g	11%
Saturated Fat 3g	15%
Cholesterol 13mg	4%
Sodium 740mg	31%
Total Carbohydrates 11g	4%
Dietary Fiber trace	2%
Protein 7g	
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Vitamin A	7%
Vitamin C	1%
Calcium	17%
Iron	4%

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