

# Chicken Breasts en Papilotte

Mrs. Cooper Harrell

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

## Servings: 6

*4 tablespoons butter*  
*2 tablespoons green onions, minced*  
*3 tablespoons flour*  
*1/4 cup chicken broth*  
*1/4 cup dry vermouth*  
*1 tablespoon lemon juice*  
*1/8 teaspoon thyme*  
*salt*  
*pepper*  
*1 cup light cream*  
*1/8 cup butter*  
*6 boneless chicken breasts*  
*18 cleaned mushroom caps*

Tear off six ten-inch lengths of twelve-inch-wide heavy foil.

Preheat the oven to 400 degrees,

In a saucepan, melt the butter and cook the green onions; do not brown. Sift in the flour and cook for 2 minutes without browning. Remove from the heat.

In a saucepan, bring the chicken broth, vermouth, lemon juice, thyme, salt and pepper to a boil. Remove from the heat and add the cream. Add this liquid to the roux, stirring vigorously. Return to the heat and stir until the sauce simmers. Simmer for 1 minute, stirring constantly. Set aside.

Butter the inside of the foil. Place one chicken breast on one side of each piece of foil. Put three mushroom caps on top of each chicken breast. Spoon sauce over all. Fold and seal the foil.

Bake for 45 minutes.

(This dish may be prepared ahead and baked just before serving.)

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Per Serving (excluding unknown items): 207 Calories; 19g Fat (85.6% calories from fat); 2g Protein; 5g Carbohydrate; trace Dietary Fiber; 57mg Cholesterol; 165mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

Chicken

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	207	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	85.6%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	10.7%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	3.7%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	19g	<b>Folacin (mcg):</b>	4mcg
<b>Saturated Fat (g):</b>	12g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	6g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	12
<b>Cholesterol (mg):</b>	57mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	5g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	2g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	165mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	78mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	46mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	trace	<b>Fat:</b>	4
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	2mg		
<b>Vitamin A (i.u.):</b>	725IU		
<b>Vitamin A (r.e.):</b>	179 1/2RE		

**Nutrition Facts**

Servings per Recipe: 6

**Amount Per Serving**

**Calories** 207                      **Calories from Fat:** 177

**% Daily Values\***

<b>Total Fat</b> 19g	29%
Saturated Fat 12g	59%
<b>Cholesterol</b> 57mg	19%
<b>Sodium</b> 165mg	7%
<b>Total Carbohydrates</b> 5g	2%
Dietary Fiber trace	1%
<b>Protein</b> 2g	
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<b>Vitamin A</b>	14%
<b>Vitamin C</b>	3%
<b>Calcium</b>	5%
<b>Iron</b>	2%

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