

Chicken Breasts with Champagne Sauce

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Three Sisters Cookbook - Alexander City, AL

Servings: 4

2 tablespoons butter or margarine
4 boneless/skinless chicken breasts
1/2 cup fresh mushrooms, sliced
1/3 cup champagne
1/3 cup sour cream
1/8 teaspoon salt
1/8 teaspoon white pepper

Preheat the oven to 350 degrees.

In a medium skillet, heat the butter. Add the chicken and brown on both sides. Remove the chicken to a one-quart baking dish, reserving the drippings in the skillet.

Add the mushrooms to the skillet and saute'. Remove the mushrooms and set aside. Stir the champagne into the drippings in the skillet. Simmer, stirring occasionally, until thoroughly heated. Pour over the chicken. Cover.

Bake for 20 minutes or until the chicken is done. Remove the chicken to a platter, reserving the liquid.

Add the sour cream, salt and pepper to the reserved liquid. Whisk until smooth.

Pour over the chicken and top with the mushrooms.

Per Serving (excluding unknown items): 110 Calories; 10g Fat (89.1% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 24mg Cholesterol; 133mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 2 Fat.

Chicken

Per Serving Nutritional Analysis

| | | | |
|----------------------|-------|--------------------|-------|
| Calories (kcal): | 110 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 89.1% | Vitamin B12 (mcg): | .1mcg |

| | |
|--------------------------------|----------|
| % Calories from Carbohydrates: | 7.5% |
| % Calories from Protein: | 3.4% |
| Total Fat (g): | 10g |
| Saturated Fat (g): | 6g |
| Monounsaturated Fat (g): | 3g |
| Polyunsaturated Fat (g): | trace |
| Cholesterol (mg): | 24mg |
| Carbohydrate (g): | 2g |
| Dietary Fiber (g): | trace |
| Protein (g): | 1g |
| Sodium (mg): | 133mg |
| Potassium (mg): | 62mg |
| Calcium (mg): | 25mg |
| Iron (mg): | trace |
| Zinc (mg): | trace |
| Vitamin C (mg): | trace |
| Vitamin A (i.u.): | 367IU |
| Vitamin A (r.e.): | 98 1/2RE |

| | |
|---------------------|-------|
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | .1mg |
| Folacin (mcg): | 4mcg |
| Niacin (mg): | trace |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 17 |
| % Refined: | 0.0% |

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 110 **Calories from Fat:** 98

% Daily Values*

| | |
|-------------------------------|-----|
| Total Fat 10g | 15% |
| Saturated Fat 6g | 30% |
| Cholesterol 24mg | 8% |
| Sodium 133mg | 6% |
| Total Carbohydrates 2g | 1% |
| Dietary Fiber trace | 0% |
| Protein 1g | |

| | |
|------------------|----|
| Vitamin A | 7% |
| Vitamin C | 1% |
| Calcium | 2% |
| Iron | 1% |

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