

Chicken Cacciatore A' La Fred Harvey

Lousene Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

2 (2-1/2 pound ea) broiler-fryers, cut
in quarters
1 medium onion, sliced
1/2 pound mushrooms, sliced
1/2 cup flour
1 teaspoon salt
1/8 teaspoon pepper
1/4 cup butter or margarine
1 clove garlic, minced
12 pitted ripe olives
1 can tomato paste
1/2 cup dry red wine or sherry

Preheat the oven to 375 degrees.

Place the flour, salt and pepper in a paper bag.
Shake the chicken quarters in it.

In a skillet, saute' in hot fat until well browned.
Arrange the chicken pieces in a large casserole.

In a bowl, mix the garlic, olives, tomato paste
and wine. Pour over the chicken. Cover.

Bake 30 to 40 minutes.

Per Serving (excluding unknown
items): 226 Calories; 13g Fat
(51.3% calories from fat); 5g
Protein; 24g Carbohydrate; 3g
Dietary Fiber; 31mg Cholesterol;
1027mg Sodium. Exchanges: 1
Grain(Starch); 2 1/2 Vegetable; 0
Fruit; 2 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	226
% Calories from Fat:	51.3%
% Calories from Carbohydrates:	41.1%
% Calories from Protein:	7.7%
Total Fat (g):	13g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	31mg
Carbohydrate (g):	24g
Dietary Fiber (g):	3g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	29mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1
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Protein (g): 5g
Sodium (mg): 1027mg
Potassium (mg): 579mg
Calcium (mg): 42mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 18mg
Vitamin A (i.u.): 1288IU
Vitamin A (r.e.): 192 1/2RE

Lean Meat: 0
Vegetable: 2 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 226 Calories from Fat: 116

% Daily Values*

Total Fat	13g	21%
	Saturated Fat 7g	37%
Cholesterol	31mg	10%
Sodium	1027mg	43%
Total Carbohydrates	24g	8%
	Dietary Fiber 3g	14%
Protein	5g	
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Vitamin A		26%
Vitamin C		30%
Calcium		4%
Iron		14%

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