

Chicken Casserole with Walnuts

Lousene Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

2 cups cooked chicken, cut in large pieces
3 cups cooked rice
1/2 cup stuffed olives, coarsely chopped
1/2 cup walnut meats, coarsely broken
1 can cream of mushroom soup
1 cup chicken broth
1 teaspoon parsley, chopped
2 tablespoons Parmesan cheese, grated

Preheat the oven to 350 degrees.

In a bowl, mix the rice, olives, nuts and chicken.

In another bowl, mix the soup, chicken broth and parsley.

In a medium casserole, spread one-half of the chicken mixture and one-half of the sauce. Repeat the layers. Top with grated cheese.

Bake, uncovered, for 30 minutes.

Per Serving (excluding unknown items): 236 Calories; 5g Fat (18.2% calories from fat); 19g Protein; 28g Carbohydrate; trace Dietary Fiber; 41mg Cholesterol; 368mg Sodium. Exchanges: 2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	236
% Calories from Fat:	18.2%
% Calories from Carbohydrates:	48.8%
% Calories from Protein:	33.1%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	41mg
Carbohydrate (g):	28g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	1.1mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	58mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	2
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Protein (g): 19g
Sodium (mg): 368mg
Potassium (mg): 206mg
Calcium (mg): 50mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 36IU
Vitamin A (r.e.): 9RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 236 Calories from Fat: 43

% Daily Values*

Total Fat	5g	7%
Saturated Fat	1g	7%
Cholesterol	41mg	14%
Sodium	368mg	15%
Total Carbohydrates	28g	9%
Dietary Fiber	trace	2%
Protein	19g	

Vitamin A	1%
Vitamin C	1%
Calcium	5%
Iron	5%

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