

Chicken Continental

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

2 1/2 to 3 pound broiler-fryer, cut up
1/4 cup lime juice (two limes)
1/4 cup lemon juice (one lemon)
1/4 dry white wine
1 clove garlic, mashed
1 teaspoon salt
3/4 teaspoon fresh tarragon, chopped
1/8 teaspoon fresh-ground pepper
1/4 cup butter or margarine

Preheat the oven to 425 degrees.

In a bowl, mix the lime juice, lemon juice, wine, garlic, salt, tarragon and pepper.

Place the chicken pieces in a bowl. Pour the liquid over the chicken. Let them stand at room temperature for a half-hour or place them in the refrigerator for two to three hours. Stir occasionally.

Remove the chicken from the marinade (retain the marinade). Arrange the pieces in a shallow casserole. Crowd them as much as desired but keep them in one layer. Dot the chicken with butter.

Bake, uncovered, for 30 to 40 minutes. Using a baster, baste with the reserved marinade every 10 minutes.

When serving, pour some of the sauce over each serving.

Per Serving (excluding unknown items): 103 Calories; 11g Fat (98.3% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 31mg Cholesterol; 650mg Sodium. Exchanges: 0 Vegetable; 2 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	103	Vitamin B6 (mg):	trace
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% Calories from Fat:	98.3%
% Calories from Carbohydrates:	1.0%
% Calories from Protein:	0.7%
Total Fat (g):	11g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	31mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	650mg
Potassium (mg):	7mg
Calcium (mg):	9mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	435IU
Vitamin A (r.e.):	107 1/2RE

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

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 103 **Calories from Fat:** 101

% Daily Values*

Total Fat 11g	18%
Saturated Fat 7g	36%
Cholesterol 31mg	10%
Sodium 650mg	27%
Total Carbohydrates trace	0%
Dietary Fiber trace	0%
Protein trace	
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Vitamin A	9%
Vitamin C	0%
Calcium	1%
Iron	0%

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