

Chicken Curry

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

3 tablespoons margarine
1/4 cup onion, chilled
1 1/2 teaspoons curry powder
3 tablespoons flour
3/4 teaspoon salt
1/8 teaspoon ground ginger
1 cup chicken broth
1 cup milk
2 cups chicken, cooked and chopped
1/2 teaspoon lemon juice

In a skillet, saute' the onion and curry in melted margarine. Blend in the flour, salt and ginger. Remove from the heat.

Stir in the broth and milk. Return to the heat. Bring to a boil, stirring constantly. Boil for 1 minute.

Add the chicken and lemon juice.

Serve over hot rice with your choice of condiments: bacon bits, chopped olives, chopped salted peanuts, chutney, chopped scallions, chopped boiled eggs, raisins, chopped tomato, pineapple chunks, grated coconut and sweet or sour pickles.

Per Serving (excluding unknown items): 1341 Calories; 98g Fat (66.2% calories from fat); 76g Protein; 36g Carbohydrate; 2g Dietary Fiber; 344mg Cholesterol; 3123mg Sodium. Exchanges: 1 1/2 Grain(Starch); 9 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Non-Fat Milk; 14 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	1341	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	66.2%	Vitamin B12 (mcg):	4.6mcg
% Calories from Carbohydrates:	11.0%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	22.8%	Riboflavin B2 (mg):	1.2mg
Total Fat (g):	98g	Folacin (mcg):	126mcg
Saturated Fat (g):	26g	Niacin (mg):	27mg
Monounsaturated Fat (g):	41g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	22g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	344mg
Carbohydrate (g):	36g
Dietary Fiber (g):	2g
Protein (g):	76g
Sodium (mg):	3123mg
Potassium (mg):	1413mg
Calcium (mg):	386mg
Iron (mg):	7mg
Zinc (mg):	6mg
Vitamin C (mg):	15mg
Vitamin A (i.u.):	4764IU
Vitamin A (r.e.):	1305RE

% Daily Values*

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	9
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	1
Fat:	14
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1341 **Calories from Fat:** 888

% Daily Values*

Total Fat 98g	150%
Saturated Fat 26g	131%
Cholesterol 344mg	115%
Sodium 3123mg	130%
Total Carbohydrates 36g	12%
Dietary Fiber 2g	10%
Protein 76g	
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Vitamin A	95%
Vitamin C	25%
Calcium	39%
Iron	42%

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