

Chicken Diable

*Yankee Peddler Inn - Holyoke, MA
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 4

*4 broiler chicken halves
4 tablespoons butter
4 cloves garlic, minced
1 teaspoon freshly ground pepper
4 teaspoons Dijon mustard
dash Worcestershire sauce
salt (to taste)
fresh bread crumbs*

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Preheat the oven to 450 degrees.

In a bowl, make a mixture of the butter, garlic, pepper, mustard, Worcestershire and salt.

Coat the broiler halves with the mixture. Sprinkle lightly with the bread crumbs.

Bake for 15 minutes. Remove and paint with more mixture.

Return to the oven and bake until done, approximately 30 minutes more.

Per Serving (excluding unknown items): 111 Calories; 12g Fat (92.1% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 31mg Cholesterol; 180mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	111
% Calories from Fat:	92.1%
% Calories from Carbohydrates:	5.8%
% Calories from Protein:	2.1%
Total Fat (g):	12g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	31mg
Carbohydrate (g):	2g
	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0 0%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): 1g
Sodium (mg): 180mg
Potassium (mg): 29mg
Calcium (mg): 15mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 434IU
Vitamin A (r.e.): 107 1/2RE

Grain (Starch):
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 111 **Calories from Fat:** 102

% Daily Values*

Total Fat 12g	18%
Saturated Fat 7g	36%
Cholesterol 31mg	10%
Sodium 180mg	8%
Total Carbohydrates 2g	1%
Dietary Fiber trace	1%
Protein 1g	

Vitamin A	9%
Vitamin C	2%
Calcium	2%
Iron	2%

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