

# Chicken Elegante

Louise Rousseau Brunner  
Casserole Treasury (1964)

## Servings: 6

2 cups cooked chicken, diced  
1/4 cup butter or margarine  
1/4 cup flour  
1 can cream of mushroom soup  
1/4 cup blue cheese, crumbled  
1/2 teaspoon dried marjoram  
1/2 cup Parmesan cheese, grated  
1 package frozen broccoli, cooked and chopped  
1 cup sour cream  
1/4 cup buttered bread crumbs  
paprika  
salt  
pepper

Preheat the oven to 350 degrees.

In a large saucepan, melt the butter. Stir in the flour. Cook a minute or two. Gradually stir in the soup, blue cheese, marjoram, half of the Parmesan cheese, the chicken and broccoli. Heat to just under boiling. Remove from the heat. Stir in the sour cream. Season to taste.

Pour into a casserole. Top with the remaining Parmesan cheese mixed with the bread crumbs.

Sprinkle with paprika.

Bake for 20 minutes or until browned and bubbly.

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Per Serving (excluding unknown items): 318 Calories; 23g Fat (64.6% calories from fat); 20g Protein; 8g Carbohydrate; trace Dietary Fiber; 87mg Cholesterol; 497mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	318	Vitamin B6 (mg):	.3mg
% Calories from Fat:	64.6%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	9.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	25.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	23g	Folacin (mcg):	11mcg
Saturated Fat (g):	13g	Niacin (mg):	6mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	87mg	% Refuse:	0 0%

**Carbohydrate (g):** 8g  
**Dietary Fiber (g):** trace  
**Protein (g):** 20g  
**Sodium (mg):** 497mg  
**Potassium (mg):** 215mg  
**Calcium (mg):** 180mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 693IU  
**Vitamin A (r.e.):** 191 1/2RE

## Food Exchanges

**Grain (Starch):** 1/2  
**Lean Meat:** 2 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 4  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 6

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### Amount Per Serving

**Calories** 318 **Calories from Fat:** 206

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#### % Daily Values\*

<b>Total Fat</b>	23g	35%
	Saturated Fat 13g	65%
<b>Cholesterol</b>	87mg	29%
<b>Sodium</b>	497mg	21%
<b>Total Carbohydrates</b>	8g	3%
	Dietary Fiber trace	1%
<b>Protein</b>	20g	

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<b>Vitamin A</b>	14%
<b>Vitamin C</b>	1%
<b>Calcium</b>	18%
<b>Iron</b>	5%

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