

# Chicken Jerusalem

Mrs. Carey Guglielmo

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 8

8 chicken breast halves  
flour  
1/2 cup margarine  
1 can (14 ounce) artichoke hearts,  
drained  
juice of one lemon  
1 can (8 ounce) mushrooms, drained  
1 cup sherry  
3/4 cup water  
2 bay leaves  
1/3 cup chopped chives or green  
onions  
1/4 cup parsley  
onion salt  
garlic salt  
pepper  
pinch rosemary  
pinch thyme  
1/2 cup heavy cream

Dust the chicken breasts with flour. In a Dutch oven, brown them in margarine.

Add the artichokes and squeeze the lemon juice over them.

Add the mushrooms, sherry, water, bay leaves, chives, parsley, onion salt, garlic salt, pepper, rosemary and thyme. Cook on low heat for two hours.

Just before serving, remove the chicken. Stir the cream into the gravy. Return the chicken to the gravy.

Serve over rice.

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Per Serving (excluding unknown items): 450 Calories; 30g Fat (65.8% calories from fat); 31g Protein; 4g Carbohydrate; 1g Dietary Fiber; 113mg Cholesterol; 243mg Sodium. Exchanges: 4 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	450	Vitamin B6 (mg):	.8mg
% Calories from Fat:	65.8%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	4.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	30.1%	Riboflavin B2 (mg):	.2mg

Total Fat (g):	30g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	113mg
Carbohydrate (g):	4g
Dietary Fiber (g):	1g
Protein (g):	31g
Sodium (mg):	243mg
Potassium (mg):	418mg
Calcium (mg):	40mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	961IU
Vitamin A (r.e.):	222RE

Folacin (mcg):	16mcg
Niacin (mg):	15mg
Caffeine (mg):	0mg
Alcohol (kcal):	41
% Refuse:	n n%

### Food Exchanges

Grain (Starch):	0
Lean Meat:	4 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

### Nutrition Facts

Servings per Recipe: 8

#### Amount Per Serving

**Calories** 450 Calories from Fat: 296

#### % Daily Values\*

<b>Total Fat</b> 30g	47%
Saturated Fat 9g	46%
<b>Cholesterol</b> 113mg	38%
<b>Sodium</b> 243mg	10%
<b>Total Carbohydrates</b> 4g	1%
Dietary Fiber 1g	3%
<b>Protein</b> 31g	
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<b>Vitamin A</b>	19%
<b>Vitamin C</b>	9%
<b>Calcium</b>	4%
<b>Iron</b>	8%

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