

Chicken Kelly

Mary Sims

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

6 boneless/ chicken breasts, cut into bite-size pieces

2 to 3 eggs, beaten

2 cups breadcrumbs

1 teaspoon salt

1 tablespoon parsley, chopped

1/2 teaspoon garlic powder

vegetable oil

1 package (8 ounce) fresh mushrooms

6 slices Muenster cheese

1 cup chicken broth

Marinate the chicken in the eggs for two hours in the refrigerator.

Preheat the oven to 350 degrees.

In a plastic bag, combine the breadcrumbs, salt, parsley and garlic powder. Shake the chicken in the breadcrumb mixture. Brown the chicken in a skillet with the oil. Drain.

Place the chicken in a 13x9x2-inch baking dish. Cover with a layer of mushrooms, a layer of cheese and top with chicken broth.

Bake for 45 minutes.

The dish can be prepared ahead of time, but do not pour the chicken broth over the chicken until just before baking.

Per Serving (excluding unknown items): 449 Calories; 36g Fat (72.0% calories from fat); 29g Protein; 2g Carbohydrate; trace Dietary Fiber; 179mg Cholesterol; 1216mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 4 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	449	Vitamin B6 (mg):	.1mg
% Calories from Fat:	72.0%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	1.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	26.3%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	36g	Folacin (mcg):	24mcg
Saturated Fat (g):	22g	Niacin (mg):	1mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0

Cholesterol (mg):	179mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	29g
Sodium (mg):	1216mg
Potassium (mg):	226mg
Calcium (mg):	824mg
Iron (mg):	1mg
Zinc (mg):	3mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	1379IU
Vitamin A (r.e.):	153RE

% Daily Values 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 449 Calories from Fat: 323

% Daily Values*

Total Fat 36g	55%
Saturated Fat 22g	111%
Cholesterol 179mg	60%
Sodium 1216mg	51%
Total Carbohydrates 2g	1%
Dietary Fiber trace	0%
Protein 29g	
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Vitamin A	28%
Vitamin C	2%
Calcium	82%
Iron	5%

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