

Chicken Raphael

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

2 (2-1/2 pound) broiler-fryers, cut up
1 1/2 teaspoons salt
1/8 teaspoon pepper
2 tablespoons flour
1/2 cup (one stick) butter or margarine
1 small onion, chopped
3/4 cup mushrooms, sliced
1/2 cup dry white wine
1 tablespoon lemon juice
1 cup light cream
1/4 teaspoon (scant) grated nutmeg
1 tablespoon parsley, minced

Preheat the oven to 375 degrees.

In a paper bag, mix the salt, pepper and flour. Shake the pieces of chicken in it. In a heavy skillet, saute' the chicken lightly in hot butter. Arrange the pieces in a medium casserole, just large enough to hold them spread out.

In the fat remaining in the skillet, cook the onion and mushrooms for 3 to 4 minutes. Add them to the casserole.

Clean out the skillet with the wine. Pour over the casserole. Cover.

Bake for 20 minutes.

In a bowl, mix the lemon juice, cream, nutmeg and parsley. Pour over the chicken, stirring. Cover again.

Bake 20 minutes longer. (Remove the cover during the last 5 minutes of baking.)

Per Serving (excluding unknown items): 271 Calories; 23g Fat (81.6% calories from fat); 3g Protein; 9g Carbohydrate; 1g Dietary Fiber; 71mg Cholesterol; 944mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	271	Vitamin B6 (mg):	.1mg
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% Calories from Fat: 81.6%
% Calories from Carbohydrates: 14.0%
% Calories from Protein: 4.4%
Total Fat (g): 23g
Saturated Fat (g): 15g
Monounsaturated Fat (g): 7g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 71mg
Carbohydrate (g): 9g
Dietary Fiber (g): 1g
Protein (g): 3g
Sodium (mg): 944mg
Potassium (mg): 208mg
Calcium (mg): 78mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 6mg
Vitamin A (i.u.): 916IU
Vitamin A (r.e.): 221 1/2RE

Vitamin B12 (mcg): .1mcg
Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): .2mg
Folacin (mcg): 13mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 20
% Refuse: 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 271 **Calories from Fat:** 221

% Daily Values*

Total Fat	23g	36%
	Saturated Fat 15g	73%
Cholesterol	71mg	24%
Sodium	944mg	39%
Total Carbohydrates	9g	3%
	Dietary Fiber 1g	4%
Protein	3g	
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Vitamin A		18%
Vitamin C		10%
Calcium		8%
Iron		3%

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