

Chicken Reuben

Sally Della Donna

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

Servings: 4

4 whole boneless/ skinless chicken breasts (eight halves)

1 cup French or Thousand Island dressing

1 can (16 ounce) sauerkraut, drained

8 slices Swiss cheese

Preheat the oven to 350 degrees.

Place the chicken breasts in a 13x9x2-inch baking pan.

Pour the dressing over the chicken.

Top with sauerkraut and Swiss cheese. Cover.

Bake for one hour.

Per Serving (excluding unknown items): 863 Calories; 62g Fat (65.1% calories from fat); 65g Protein; 10g Carbohydrate; 1g Dietary Fiber; 208mg Cholesterol; 980mg Sodium. Exchanges: 8 Lean Meat; 1/2 Vegetable; 7 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	863
% Calories from Fat:	65.1%
% Calories from Carbohydrates:	4.7%
% Calories from Protein:	30.2%
Total Fat (g):	62g
Saturated Fat (g):	40g
Monounsaturated Fat (g):	16g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	208mg
Carbohydrate (g):	10g
Dietary Fiber (g):	1g
Protein (g):	65g
Sodium (mg):	980mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	3.8mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.8mg
Folacin (mcg):	28mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	8
Vegetable:	1/2

Potassium (mg): 351mg
Calcium (mg): 2197mg
Iron (mg): 1mg
Zinc (mg): 9mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 1927IU
Vitamin A (r.e.): 577RE

Fruit: 0
Non-Fat Milk: 0
Fat: 7
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 863 **Calories from Fat:** 562

% Daily Values*

Total Fat 62g			96%
Saturated Fat 40g			202%
Cholesterol 208mg			69%
Sodium 980mg			41%
Total Carbohydrates 10g			3%
Dietary Fiber 1g			6%
Protein 65g			

Vitamin A	39%
Vitamin C	14%
Calcium	220%
Iron	7%

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