

Chicken Royale

Mr. V. L. Roy Jr

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

Servings: 4

1 three-pound fryer
1 cup water
1 stalk celery with top
1 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon pepper
1/4 teaspoon cayenne pepper OR
Tabasco sauce
1/4 cup parsley, chopped
2 tablespoons olive oil
1 can (4 ounce) mushrooms with juice
1/4 teaspoon crushed red pepper
1/2 teaspoon crushed oregano
1 teaspoon Worcestershire sauce OR
soy sauce
1 tablespoon flour
2 or 3 tablespoons white wine

Place the fryer in a covered pot with water, celery, salt, garlic powder, black pepper and cayenne. Boil slowly until the chicken is tender. Bone the chicken and save the broth.

In a large skillet or Dutch oven, saute' the parsley in olive oil until soft but not brown. Add the chicken broth and bring to a simmer. Add the mushrooms and juice, red pepper, oregano and Worcestershire sauce.

In a bowl, make a paste of the flour and some of the hot broth. Slowly add the paste to the mixture stirring constantly. Cook until thickened.

Add the boned chicken and let simmer about 5 minutes. Add the wine as you remove from the heat.

Per Serving (excluding unknown items): 79 Calories; 7g Fat (86.3% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 538mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	79	Vitamin B6 (mg):	trace
% Calories from Fat:	86.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	11.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	7g	Folacin (mcg):	6mcg
Saturated Fat (g):	1g	Niacin (mg):	trace

Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 2g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 538mg
Potassium (mg): 39mg
Calcium (mg): 12mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 5mg
Vitamin A (i.u.): 202IU
Vitamin A (r.e.): 20RE

Caffeine (mg): 0mg
Alcohol (kcal): 10
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 79 Calories from Fat: 68

% Daily Values*

Total Fat	7g	10%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	538mg	22%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	trace	
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Vitamin A		4%
Vitamin C		9%
Calcium		1%
Iron		2%

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