

Chicken Spectacular

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

Servings: 12

3 cups cooked chicken
1 package Uncle Ben's long grain
and wild rice, cooked
1 cup french style green beans, rinsed
and drained
1 medium jar pimiento, sliced
1 medium onion, chopped
1 can water chestnuts, sliced
1 can cream of celery soup
1 jar mushrooms, sliced
1 cup mayonnaise
salt (to taste)
pepper (to taste)
chinese noodles
paprika

Preheat the oven to 350 degrees.

In a bowl, mix all of the ingredients.

Place the mixture in a 13x9-inch casserole.

Cover with the chinese noodles.

Sprinkle paprika on top.

Bake for 25 to 30 minutes.

Per Serving (excluding unknown items): 204 Calories; 18g Fat (75.4% calories from fat); 11g Protein; 2g Carbohydrate; trace Dietary Fiber; 37mg Cholesterol; 211mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	204	Vitamin B6 (mg):	.3mg
% Calories from Fat:	75.4%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	3.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	21.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	18g	Folacin (mcg):	5mcg
Saturated Fat (g):	3g	Niacin (mg):	4mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	37mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	11g
Sodium (mg):	211mg
Potassium (mg):	125mg
Calcium (mg):	14mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	120IU
Vitamin A (r.e.):	19 1/2RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 204	Calories from Fat: 154
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% Daily Values*

Total Fat 18g	27%
Saturated Fat 3g	14%
Cholesterol 37mg	12%
Sodium 211mg	9%
Total Carbohydrates 2g	1%
Dietary Fiber trace	1%
Protein 11g	
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Vitamin A	2%
Vitamin C	3%
Calcium	1%
Iron	3%

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