

Chicken Stroganoff

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

2 1/2 to 3 pound broiler-fryer, cut up
1/4 cup flour
1 teaspoon salt
1/8 teaspoon pepper
3 tablespoons butter or margarine
1 medium onion, chopped
1 clove garlic, mashed
3 tablespoons lemon juice
1 cup chicken broth
1/2 pound mushrooms, sliced and sautee'd
1 package (8 ounce) medium noodles, broken up
1 cup sour cream
1/4 teaspoon paprika

Preheat the oven to 325 degrees.

Coat the chicken pieces with a mixture of the flour, salt and pepper. Brown in hot butter. Drain on paper towels. Pour off any fat remaining in the skillet.

In the skillet, mix the onion, garlic, lemon juice, chicken broth and mushrooms. Cook for 3 to 4 minutes.

Stir in the chicken. Transfer into a medium casserole. Cover.

Bake for 30 minutes.

Stir in the uncooked noodles.

Bake, covered, for 15 minutes longer.

Just prior to serving, stir in the sour cream and paprika. Blend well. (Blending is easier if you remove a few pieces of chicken).

Per Serving (excluding unknown items): 266 Calories; 21g Fat (70.2% calories from fat); 5g Protein; 15g Carbohydrate; 1g Dietary Fiber; 49mg Cholesterol; 846mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 4 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	266	Vitamin B6 (mg):	.1mg
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% Calories from Fat:	70.2%
% Calories from Carbohydrates:	21.8%
% Calories from Protein:	8.0%
Total Fat (g):	21g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	49mg
Carbohydrate (g):	15g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	846mg
Potassium (mg):	414mg
Calcium (mg):	87mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	10mg
Vitamin A (i.u.):	869IU
Vitamin A (r.e.):	225 1/2RE

Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	28mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 266 **Calories from Fat:** 187

% Daily Values*

Total Fat 21g	33%
Saturated Fat 13g	65%
Cholesterol 49mg	16%
Sodium 846mg	35%
Total Carbohydrates 15g	5%
Dietary Fiber 1g	6%
Protein 5g	
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Vitamin A	17%
Vitamin C	16%
Calcium	9%
Iron	7%

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