

Chicken Wiggle

Mary B. Jolley

Gourmet Eating in South Carolina - (1985)

1 3-1/2 pound hen chicken
1 can green peas
2 cups celery, finely chopped
1 onion, finely chopped
1/2 can pimiento, chopped
2/3 box spaghetti
1 can mushrooms
salt
pepper
2 teaspoons curry powder
1 teaspoon Worcestershire sauce

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Boil the chicken in water until tender. Remove from the bones. Cut into bite-size pieces.

Boil the spaghetti, onion and celery in the chicken stock. Cook until very little liquid remains.

Add the salt, pepper, curry powder and Worcestershire sauce.

Add the peas, pimiento and chicken.

Heat thoroughly.

Per Serving (excluding unknown items): 430 Calories; 3g Fat (5.3% calories from fat); 19g Protein; 86g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 276mg Sodium. Exchanges: 4 1/2 Grain(Starch); 3 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	430
% Calories from Fat:	5.3%
% Calories from Carbohydrates:	77.4%
% Calories from Protein:	17.3%
Total Fat (g):	3g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	86g
	16g

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	1.1mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	203mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	n n%

Food Exchanges

4 1/2

Dietary Fiber (g):
Protein (g): 19g
Sodium (mg): 276mg
Potassium (mg): 1490mg
Calcium (mg): 191mg
Iron (mg): 7mg
Zinc (mg): 3mg
Vitamin C (mg): 98mg
Vitamin A (i.u.): 1496IU
Vitamin A (r.e.): 150RE

Grain (Starch):
Lean Meat: 0
Vegetable: 3 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 430 Calories from Fat: 23

% Daily Values*

Total Fat	3g	4%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	276mg	12%
Total Carbohydrates	86g	29%
Dietary Fiber	16g	66%
Protein	19g	
Vitamin A		30%
Vitamin C		164%
Calcium		19%
Iron		41%

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