

Chicken and Shrimp with Rice

Lousene Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

5 pounds roasting chicken, cut up
1 1/2 pounds shrimp, cooked,
cleaned and shelled
1 cup raw rice
1 medium onion, sliced
1 medium carrot, sliced thin
1 1/2 quarts salted water
salt
pepper
1 1/2 teaspoons fresh dill, chopped
12 small white onions
1 lemon, sliced thin

Preheat the oven to 400 degrees.

In a saucepan, simmer the chicken pieces with the onion, carrot and water for 25 to 30 minutes, covered. Remove the chicken and strain the broth.

Skin the chicken pieces. Arrange them in a large casserole with the shrimp, a little salt and pepper, and the dill. Add the dry rice, whole onions and lemon slices.

Boil the broth hard to reduce it to two cups. Pour over the casserole. Cover.

Bake for 40 minutes or until the chicken is tender and the rice has absorbed all of the broth. Stir a little with a long-tined fork to release steam.

Per Serving (excluding unknown items): 806 Calories; 45g Fat (51.5% calories from fat); 73g Protein; 24g Carbohydrate; 5g Dietary Fiber; 371mg Cholesterol; 365mg Sodium. Exchanges: 10 Lean Meat; 4 Vegetable; 0 Fruit; 5 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	806	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	51.5%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	12.0%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	36.5%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	45g	Folacin (mcg):	68mcg
Saturated Fat (g):	13g	Niacin (mg):	21mg

Monounsaturated Fat (g): 18g
Polyunsaturated Fat (g): 10g
Cholesterol (mg): 371mg
Carbohydrate (g): 24g
Dietary Fiber (g): 5g
Protein (g): 73g
Sodium (mg): 365mg
Potassium (mg): 1171mg
Calcium (mg): 140mg
Iron (mg): 6mg
Zinc (mg): 5mg
Vitamin C (mg): 28mg
Vitamin A (i.u.): 3943IU
Vitamin A (r.e.): 505 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 10
Vegetable: 4
Fruit: 0
Non-Fat Milk: 0
Fat: 5
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 806 **Calories from Fat:** 415

% Daily Values*

Total Fat	45g	70%
	Saturated Fat 13g	63%
Cholesterol	371mg	124%
Sodium	365mg	15%
Total Carbohydrates	24g	8%
	Dietary Fiber 5g	19%
Protein	73g	
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Vitamin A		79%
Vitamin C		46%
Calcium		14%
Iron		34%

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