

Chicken and Walnuts

Lost Horizon - Alta, WY

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 6

4 1/2 cups boneless/ skinless
chicken breasts, cut in 3/4-inch cubes
1 tablespoon cornstarch
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/2 teaspoon black pepper
1 tablespoon white wine
1/2 cup soy sauce
3/4 cup brown sugar
1/2 cup walnut halves and pieces
1/3 cup vegetable oil

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In a large bowl, mix the chicken, cornstarch, garlic powder, salt, black pepper, white wine, soy sauce, brown sugar and walnut pieces. Let sit for at least 20 minutes.

Pour the oil into a wok. Heat to 375 degrees.

Place the chicken mixture in the wok and stir fry until the chicken is firm in texture.

Serve immediately.

(Stir fried or steamed asparagus is an effective accompaniment.)

Per Serving (excluding unknown items): 195 Calories; 12g Fat (54.6% calories from fat); 1g Protein; 21g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1557mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 2 1/2 Fat; 1 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	195	Vitamin B6 (mg):	trace
% Calories from Fat:	54.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	42.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	12g	Folacin (mcg):	4mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	2
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	21g		

Food Exchanges

Dietary Fiber (g): trace
Protein (g): 1g
Sodium (mg): 1557mg
Potassium (mg): 113mg
Calcium (mg): 22mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): trace
Vitamin A (r.e.): 0RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 195 Calories from Fat: 106

% Daily Values*

Total Fat	12g	18%
Saturated Fat	1g	7%
Cholesterol	0mg	0%
Sodium	1557mg	65%
Total Carbohydrates	21g	7%
Dietary Fiber	trace	1%
Protein	1g	
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Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		5%

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