

# Chicken in Wine and Orange Sauce

Mrs. Weldon Smith

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 4

1 fryer, cut up  
salt  
pepper  
1/2 cup margarine  
1 cup sauterne wine  
1 cup orange juice  
1 can (2 ounce) mushrooms,  
undrained

Generously salt and pepper the chicken pieces.

In an electric skillet, melt the margarine. Brown the chicken pieces.

In a bowl, combine the wine, orange juice and mushrooms. Pour over the chicken.

Cover and simmer at low temperature until the chicken is tender, about one hour.

The gravy is good over rice.

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Per Serving (excluding unknown items): 272 Calories; 23g Fat (86.3% calories from fat); 1g Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 270mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit; 4 1/2 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	272	Vitamin B6 (mg):	trace
% Calories from Fat:	86.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	12.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	23g	Folacin (mcg):	35mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	40
Cholesterol (mg):	0mg	% Refuse:	n.n%
Carbohydrate (g):	7g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0

**Protein (g):** 1g  
**Sodium (mg):** 270mg  
**Potassium (mg):** 200mg  
**Calcium (mg):** 21mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 31mg  
**Vitamin A (i.u.):** 1133IU  
**Vitamin A (r.e.):** 256 1/2RE

**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 4 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 272 **Calories from Fat:** 235

#### % Daily Values\*

<b>Total Fat</b>	23g	35%
Saturated Fat	4g	20%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	270mg	11%
<b>Total Carbohydrates</b>	7g	2%
Dietary Fiber	trace	1%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		23%
<b>Vitamin C</b>		52%
<b>Calcium</b>		2%
<b>Iron</b>		2%

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