

Chicken with Avocado

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

3 pounds broiler-fryer, cut up
1 large avocado, peeled and diced
6 tablespoons butter or margarine
2 small onions, chopped
1 cube chicken bouillon
salt
pepper
1/2 teaspoon chili powder
dash cinnamon
3 tablespoons flour
1 cup orange juice (or 1/2 cup orange
juice and 1/2 cup dry white wine)
2 tablespoons grated orange rind

Preheat the oven to 350 degrees.

In a large skillet, brown the chicken in one-half the butter. Arrange in a large casserole.

In the fat remaining in the skillet, lightly saute' the onions.

Stir in the mashed bouillon cube, salt and pepper to taste, chili powder and cinnamon. Spread over the chicken. Cover the casserole.

Bake for 20 minutes.

Heat the remaining fat in the same skillet. Stir in the flour. Cook until smooth and lightly browned.

Blend in the orange juice. When smooth and somewhat thickened, pour over the chicken in the casserole. Cover.

Bake for 25 minutes longer.

Check the seasoning. Cover the entire top with avocado slices. Salt very lightly.

Bake, uncovered, 10 minutes longer.

Sprinkle the top with the grated orange rind before serving.

Per Serving (excluding unknown items): 285 Calories; 25g Fat (77.0% calories from fat); 3g Protein; 14g Carbohydrate; 3g Dietary Fiber; 47mg Cholesterol; 557mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 0 Fruit; 5 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	285	Vitamin B6 (mg):	.2mg
% Calories from Fat:	77.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	19.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	25g	Folacin (mcg):	45mcg
Saturated Fat (g):	12g	Niacin (mg):	1mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	47mg	% Refuse:	n.n%
Carbohydrate (g):	14g		
Dietary Fiber (g):	3g		
Protein (g):	3g		
Sodium (mg):	557mg		
Potassium (mg):	418mg		
Calcium (mg):	32mg		
Iron (mg):	1mg		
Zinc (mg):	trace		
Vitamin C (mg):	12mg		
Vitamin A (i.u.):	1089IU		
Vitamin A (r.e.):	207RE		

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 285 **Calories from Fat:** 220

% Daily Values*

Total Fat 25g	39%
Saturated Fat 12g	60%
Cholesterol 47mg	16%
Sodium 557mg	23%
Total Carbohydrates 14g	5%
Dietary Fiber 3g	10%
Protein 3g	
Vitamin A	22%
Vitamin C	20%
Calcium	3%
Iron	6%

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