

Chinese Chicken Casserole

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

3 pounds chicken, cut up
1 tablespoon salad oil
1/2 teaspoon salt
2 teaspoons ginger
1 tablespoon whiskey
1 cup boiling water
1 can (20 ounce) bamboo shoots
1/2 pound mushrooms, sliced
1 can (8 ounce) water chestnuts, sliced in half
4 scallions, cut in one-inch pieces
2 tablespoons cornstarch
2 teaspoons soy sauce
1 teaspoon sugar
1/4 cup water

Preheat the oven to 325 degrees.

In a large skillet, heat the oil. Brown the chicken pieces well. (You may have to add additional oil.) Sprinkle with salt and ginger. Arrange in a casserole.

Drizzle the whiskey over the chicken pieces. Add the boiling water. Cover the casserole.

Bake for 40 minutes.

Drain the liquid from the casserole into a saucepan. Add the bamboo shoots, mushrooms, water chestnuts and scallions. Bring to a boil.

In a bowl, blend the cornstarch, soy sauce, sugar and 1/4 cup of water. Stir into the hot mixture. Cook until slightly thickened, stirring constantly. Pour over the chicken.

Continue baking about 10 minutes.

Per Serving (excluding unknown items): 414 Calories; 28g Fat (62.7% calories from fat); 30g Protein; 8g Carbohydrate; 1g Dietary Fiber; 149mg Cholesterol; 412mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 3 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	414	Vitamin B6 (mg):	.6mg
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% Calories from Fat:	62.7%
% Calories from Carbohydrates:	7.5%
% Calories from Protein:	29.8%
Total Fat (g):	28g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	149mg
Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	30g
Sodium (mg):	412mg
Potassium (mg):	634mg
Calcium (mg):	32mg
Iron (mg):	3mg
Zinc (mg):	3mg
Vitamin C (mg):	8mg
Vitamin A (i.u.):	1441IU
Vitamin A (r.e.):	422RE

Vitamin B12 (mcg):	1.6mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	60mcg
Niacin (mg):	12mg
Caffeine (mg):	0mg
Alcohol (kcal):	5
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	4
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 414 Calories from Fat: 259

% Daily Values*

Total Fat 28g	43%
Saturated Fat 7g	37%
Cholesterol 149mg	50%
Sodium 412mg	17%
Total Carbohydrates 8g	3%
Dietary Fiber 1g	5%
Protein 30g	
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Vitamin A	29%
Vitamin C	14%
Calcium	3%
Iron	17%

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