

Crabmeat-Stuffed Chicken Breasts

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 4

*4 chicken breasts, boned and halved
1/4 pound mushrooms, chopped
1/4 cup onions, sliced
1/4 cup margarine
2 tablespoons all-purpose flour
1/4 teaspoon thyme
1 cup chicken broth
1/2 cup dry sherry
1 package (6 ounce) frozen crabmeat
1/3 cup dry breadcrumbs
1/3 cup parsley, chopped
1 1/2 cups Swiss cheese, shredded*

Preheat the oven to 350 degrees.

Pound the chicken between waxed paper until 1/2-inch in thickness.

In a skillet, saute' the mushrooms and onions in margarine until tender. Blend in the flour and thyme. Gradually add the broth. Cook over low to medium heat, stirring constantly, until the mixture thickens.

In a bowl, combine one-third cup of the sauce with the crabmeat, breadcrumbs and parsley. Mix lightly. Spread the filling on each chicken breast. Roll up jellyroll style. Place, seam-side down on a lightly greased 12x8x2-inch pan.

Fold the cheese into the remaining sauce mixture, over low heat, until the cheese is melted. (Important: Do not stir as the sauce will become paste-like.) Pour over the chicken breasts. Cover.

Bake for 15 minutes. Uncover. Bake an additional 15 minutes or until the chicken is fork-tender.

Per Serving (excluding unknown items): 866 Calories; 51g Fat (55.9% calories from fat); 76g Protein; 14g Carbohydrate; 1g Dietary Fiber; 225mg Cholesterol; 701mg Sodium. Exchanges: 1/2 Grain(Starch); 10 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	866	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	55.9%	Vitamin B12 (mcg):	1.8mcg
% Calories from Carbohydrates:	6.9%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	37.2%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	51g	Folacin (mcg):	39mcg
Saturated Fat (g):	17g	Niacin (mg):	32mg
Monounsaturated Fat (g):	20g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	10g	Alcohol (kcal):	34
Cholesterol (mg):	225mg	% Refuse:	n.n%
Carbohydrate (g):	14g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1/2
Protein (g):	76g	Lean Meat:	10 1/2
Sodium (mg):	701mg	Vegetable:	1/2
Potassium (mg):	929mg	Fruit:	0
Calcium (mg):	482mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	3 1/2
Zinc (mg):	4mg	Other Carbohydrates:	0
Vitamin C (mg):	11mg		
Vitamin A (i.u.):	1365IU		
Vitamin A (r.e.):	316 1/2RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 866 **Calories from Fat:** 484

% Daily Values*

Total Fat 51g	78%
Saturated Fat 17g	87%
Cholesterol 225mg	75%
Sodium 701mg	29%
Total Carbohydrates 14g	5%
Dietary Fiber 1g	4%
Protein 76g	
Vitamin A	27%
Vitamin C	19%
Calcium	48%
Iron	22%

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