

Cream of Chicken Marengo

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 5

4 1/2 pounds chicken, cut up
1/4 pound fresh mushrooms
1/4 cup dry white wine
1 large onion, quartered
2 cloves garlic, cut up
1/4 cup parsley sprigs
1/2 cup flour
1 1/2 teaspoons salt
1/4 teaspoon fresh ground pepper
3/4 teaspoon fresh tarragon
1 1/2 teaspoons fresh rosemary
3 tablespoons butter or margarine

Preheat the oven to 350 degrees.

Place in a blender the mushroom stems, wine, onion, garlic, parsley, flour, salt, pepper, tarragon and rosemary. Cover and blend on HIGH for 40 seconds. Stop two or three times to scrape the sides down if necessary.

In a large skillet, melt the butter. Brown the chicken pieces on all sides. Arrange in a casserole with the mushroom caps. Pour the sauce from the blender over the chicken. Cover the casserole.

Bake for about 45 minutes, stirring occasionally.

Per Serving (excluding unknown items): 767 Calories; 53g Fat (64.2% calories from fat); 53g Protein; 14g Carbohydrate; 1g Dietary Fiber; 287mg Cholesterol; 920mg Sodium. Exchanges: 1/2 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 6 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	767	Vitamin B6 (mg):	1.0mg
% Calories from Fat:	64.2%	Vitamin B12 (mcg):	3.0mcg
% Calories from Carbohydrates:	7.2%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	28.5%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	53g	Folacin (mcg):	95mcg
Saturated Fat (g):	17g	Niacin (mg):	21mg
Monounsaturated Fat (g):	20g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	10g	Alcohol (kcal):	8
Cholesterol (mg):	287mg	% Refuse:	0 0%

Carbohydrate (g):	14g
Dietary Fiber (g):	1g
Protein (g):	53g
Sodium (mg):	920mg
Potassium (mg):	751mg
Calcium (mg):	52mg
Iron (mg):	5mg
Zinc (mg):	4mg
Vitamin C (mg):	14mg
Vitamin A (i.u.):	2941IU
Vitamin A (r.e.):	832 1/2RE

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	7
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	6
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories 767 Calories from Fat: 493

% Daily Values*

Total Fat 53g	82%
Saturated Fat 17g	85%
Cholesterol 287mg	96%
Sodium 920mg	38%
Total Carbohydrates 14g	5%
Dietary Fiber 1g	5%
Protein 53g	
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Vitamin A	59%
Vitamin C	23%
Calcium	5%
Iron	29%

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