

Curried Chicken

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 7

3 cups cooked chicken, diced large
6 tablespoons margarine
1 medium onion, minced
2 tablespoons green pepper, diced
4 Tablespoons flour
1 1/2 cups chicken or turkey broth
1 1/4 cups sliced mushrooms, lightly sautee'd
1 large tart apple, cored and diced
1 can (5 ounce) water chestnuts, drained and sliced
3 tablespoons pimiento, chopped
1 tablespoon parsley, minced
salt
pepper
1 1/2 teaspoons curry powder (or to taste)

In a large skillet, heat the margarine. Saute' the onion and green pepper until soft. Stir in the flour. Cook for a moment. Blend in the chicken broth and mushrooms. Simmer the mixture for 15 to 20 minutes.

In a large bowl, mix the chicken, apple, water chestnuts, pimiento, parsley, salt and pepper.

Stir the curry powder into the sauce (as much as you like) and check the salt and pepper seasoning.

Stir in the chicken mixture. Heat slowly. Simmer for 10 to 15 minutes over the lowest possible heat.

(Remember that curry always improves with time. Make this dish in the morning of the day before. When serving, bring to room temperature and reheat.)

Per Serving (excluding unknown items): 226 Calories; 13g Fat (50.7% calories from fat); 20g Protein; 8g Carbohydrate; 1g Dietary Fiber; 51mg Cholesterol; 162mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	226	Vitamin B6 (mg):	.4mg
% Calories from Fat:	50.7%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	14.2%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	35.1%
Total Fat (g):	13g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	51mg
Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	20g
Sodium (mg):	162mg
Potassium (mg):	260mg
Calcium (mg):	19mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	505IU
Vitamin A (r.e.):	107 1/2RE

Riboflavin B2 (mg):	.2mg
Folacin (mcg):	11mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 7

Amount Per Serving

Calories 226	Calories from Fat: 115
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% Daily Values*

Total Fat 13g	19%
Saturated Fat 2g	12%
Cholesterol 51mg	17%
Sodium 162mg	7%
Total Carbohydrates 8g	3%
Dietary Fiber 1g	4%
Protein 20g	
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Vitamin A	10%
Vitamin C	9%
Calcium	2%
Iron	6%

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