

Easy Chicken-In-Wine

Mrs. Cheney C. Joseph Jr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

6 chicken breast halves
salt
pepper
1/2 cup butter or margarine
1 cup green onions, chopped
3 tablespoons Worcestershire sauce
1 can (4 ounce) sliced mushrooms,
undrained
4 tablespoons lemon juice
2 tablespoons fresh parsley, chopped
1 cup white wine
pinch rosemary

Preheat the oven to 275 degrees.

Salt and pepper the chicken.

In a Dutch oven or large casserole, brown the chicken in butter.

Add the green onions, Worcestershire, mushrooms, lemon juice, parsley, wine and rosemary. Cover.

Bake for two hours.

Per Serving (excluding unknown items): 2572 Calories; 173g Fat (64.6% calories from fat); 187g Protein; 26g Carbohydrate; 4g Dietary Fiber; 805mg Cholesterol; 1961mg Sodium. Exchanges: 26 Lean Meat; 2 Vegetable; 1/2 Fruit; 18 1/2 Fat; 1/2 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	2572
% Calories from Fat:	64.6%
% Calories from Carbohydrates:	4.3%
% Calories from Protein:	31.1%
Total Fat (g):	173g
Saturated Fat (g):	80g
Monounsaturated Fat (g):	60g
Polyunsaturated Fat (g):	21g
Cholesterol (mg):	805mg
Carbohydrate (g):	26g
Dietary Fiber (g):	4g

Vitamin B6 (mg):	4.7mg
Vitamin B12 (mcg):	3.1mcg
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	1.2mg
Folacin (mcg):	134mcg
Niacin (mg):	90mg
Caffeine (mg):	0mg
Alcohol (kcal):	160
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
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Protein (g): 187g
Sodium (mg): 1961mg
Potassium (mg): 3133mg
Calcium (mg): 280mg
Iron (mg): 13mg
Zinc (mg): 8mg
Vitamin C (mg): 148mg
Vitamin A (i.u.): 5010IU
Vitamin A (r.e.): 1160RE

Lean Meat: 26
Vegetable: 2
Fruit: 1/2
Non-Fat Milk: 0
Fat: 18 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 2572 **Calories from Fat:** 1662

% Daily Values*

Total Fat 173g	266%
Saturated Fat 80g	402%
Cholesterol 805mg	268%
Sodium 1961mg	82%
Total Carbohydrates 26g	9%
Dietary Fiber 4g	15%
Protein 187g	
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Vitamin A	100%
Vitamin C	247%
Calcium	28%
Iron	71%

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