

Gloria's Chicken

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

Servings: 8

8 boneless chicken breasts
8 slices Swiss or Monterey Jack cheese
1 can cream of mushroom soup
1/2 cup white wine or sherry
1/2 cup seasoned stuffing mix
1/3 cup melted butter or margarine

Preheat the oven to 350 degrees.

Arrange the chicken pieces in a single layer in a baking dish.

Place a single slice of cheese on each breast.

In a bowl, mix the soup and wine together. Pour evenly over the chicken. Sprinkle the stuffing mix evenly over the top. Drizzle the melted butter over the stuffing.

Bake, uncovered, for 50 to 60 minutes.

Per Serving (excluding unknown items): 16 Calories; 1g Fat (63.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 129mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	16
% Calories from Fat:	63.5%
% Calories from Carbohydrates:	29.2%
% Calories from Protein:	7.3%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	trace
Carbohydrate (g):	1g
	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): trace
Sodium (mg): 129mg
Potassium (mg): 13mg
Calcium (mg): 6mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 16 **Calories from Fat:** 10

% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	2%
Cholesterol	trace	0%
Sodium	129mg	5%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	0%

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