

# Goldie's Gourmet Chicken

Lee Goldwasser

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

## Servings: 6

6 boneless/ skinless chicken breasts  
garlic powder  
onion powder  
salt  
pepper  
6 stalks fresh broccoli  
6 slices mozzarella cheese  
2 cups packaged stuffing crumbs  
1/2 cup margarine, melted  
1 can (10-3/4 ounce) cream of chicken soup  
parsley

Preheat the oven to 350 degrees.

Sprinkle the chicken with the garlic powder, onion powder, salt and pepper to taste. Wrap each chicken breast around a broccoli stalk and secure with wooden picks. Arrange in a baking dish. Lay a slice of cheese over each breast.

In a bowl, combine the crumbs with the melted margarine. Spread the mixture over the cheese slices. Mix the soup with 1/2 to 3/4 cup of water and pour over the chicken. Cover the dish with foil, making a few small slits in the foil.

Bake for one hour.

Uncover the dish and bake for 10 minutes longer. Sprinkle with parsley.

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Per Serving (excluding unknown items): 541 Calories; 45g Fat (73.1% calories from fat); 28g Protein; 9g Carbohydrate; 3g Dietary Fiber; 103mg Cholesterol; 836mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 7 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	541	Vitamin B6 (mg):	.2mg
% Calories from Fat:	73.1%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	6.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	20.3%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	45g	Folacin (mcg):	72mcg
Saturated Fat (g):	21g	Niacin (mg):	1mg

**Monounsaturated Fat (g):** 16g  
**Polyunsaturated Fat (g):** 6g  
**Cholesterol (mg):** 103mg  
**Carbohydrate (g):** 9g  
**Dietary Fiber (g):** 3g  
**Protein (g):** 28g  
**Sodium (mg):** 836mg  
**Potassium (mg):** 393mg  
**Calcium (mg):** 705mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 82mg  
**Vitamin A (i.u.):** 3148IU  
**Vitamin A (r.e.):** 602 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** n n%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 3 1/2  
**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 7  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 6

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### Amount Per Serving

**Calories** 541 **Calories from Fat:** 395

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#### % Daily Values\*

<b>Total Fat</b>	45g	69%
Saturated Fat	21g	103%
<b>Cholesterol</b>	103mg	34%
<b>Sodium</b>	836mg	35%
<b>Total Carbohydrates</b>	9g	3%
Dietary Fiber	3g	11%
<b>Protein</b>	28g	
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<b>Vitamin A</b>		63%
<b>Vitamin C</b>		137%
<b>Calcium</b>		71%
<b>Iron</b>		6%

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