

Herbed Chicken Casserole

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 7

2 (three pound) broiler -fryers, cut up
1 teaspoon rosemary
1 teaspoon oregano
1 teaspoon marjoram, chopped
2 tablespoons butter
1/2 cup lemon juice
3/4 cup dry white wine

Preheat the oven to 375 degrees.

Remove all skin from the chicken pieces. Lay them out on waxed paper.

In a bowl, mix the rosemary, oregano and marjoram. Sprinkle over the chicken.

In a heavy skillet, brown the chicken in butter. Arrange in a large casserole.

In a bowl, combine the lemon juice and the wine. Pour over the chicken. Cover the casserole.

Bake about 40 minutes.

(Serve with buttered noodles dressed up with poppy seeds.)

Per Serving (excluding unknown items): 52 Calories; 3g Fat (77.7% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 35mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	52	Vitamin B6 (mg):	trace
% Calories from Fat:	77.7%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	20.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	3mcg
Saturated Fat (g):	2g	Niacin (mg):	trace

Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 9mg
Carbohydrate (g): 2g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 35mg
Potassium (mg): 49mg
Calcium (mg): 11mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 8mg
Vitamin A (i.u.): 154IU
Vitamin A (r.e.): 33 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 17
% Refused: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 7

Amount Per Serving

Calories 52 Calories from Fat: 40

% Daily Values*

Total Fat	3g	5%
Saturated Fat	2g	10%
Cholesterol	9mg	3%
Sodium	35mg	1%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	3%
Vitamin C	14%
Calcium	1%
Iron	2%

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