

Lemon Mustard Chicken

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

3 to 4 chicken breasts, skinned
1/4 cup margarine, melted
3 tablespoons Dijon mustard
3 tablespoons lemon juice
1 teaspoon tarragon
1/2 teaspoon salt

Preheat the oven to 375 degrees.

Place the chicken in a shallow baking dish.

In a small saucepan, melt the margarine. Stir in the mustard, lemon juice, tarragon and salt. Pour over the chicken.

Bake for 45 minutes or until cooked thoroughly. Baste occasionally.

Per Serving (excluding unknown items): 1952 Calories; 128g Fat (59.9% calories from fat); 185g Protein; 8g Carbohydrate; 1g Dietary Fiber; 557mg Cholesterol; 2712mg Sodium. Exchanges: 0 Grain(Starch); 26 1/2 Lean Meat; 1/2 Fruit; 9 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	1952
% Calories from Fat:	59.9%
% Calories from Carbohydrates:	1.7%
% Calories from Protein:	38.4%
Total Fat (g):	128g
Saturated Fat (g):	31g
Monounsaturated Fat (g):	56g
Polyunsaturated Fat (g):	31g
Cholesterol (mg):	557mg
Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	185g
Sodium (mg):	2712mg

Vitamin B6 (mg):	4.7mg
Vitamin B12 (mcg):	3.0mcg
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	.8mg
Folacin (mcg):	49mcg
Niacin (mg):	87mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	26 1/2
Vegetable:	0

Potassium (mg): 2101mg
Calcium (mg): 179mg
Iron (mg): 8mg
Zinc (mg): 8mg
Vitamin C (mg): 31mg
Vitamin A (i.u.): 2816IU
Vitamin A (r.e.): 668RE

Fruit: 1/2
Non-Fat Milk: 0
Fat: 9
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1952 **Calories from Fat:** 1170

% Daily Values*

Total Fat 128g	197%
Saturated Fat 31g	156%
Cholesterol 557mg	186%
Sodium 2712mg	113%
Total Carbohydrates 8g	3%
Dietary Fiber 1g	6%
Protein 185g	
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Vitamin A	56%
Vitamin C	51%
Calcium	18%
Iron	44%

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