

Pecan Chicken with Dijon Sauce

Peg O'Shea

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

Servings: 4

4 boneless/ skinless chicken breast halves
3/4 cup butter or margarine, divided
4 tablespoons Dijon mustard, divided
6 ounces pecans, finely ground
3 tablespoons safflower oil
2/3 cup sour cream
1 teaspoon salt
1/4 teaspoon freshly ground pepper

Preheat the oven to 350 degrees.

Place the chicken between sheets of waxed paper. Pound until 1/4-inch thick in thickness.

In a small saucepan, melt one-half cup of butter over medium heat. Add three tablespoons of mustard. Beat with a wire whisk until well blended.

Dip the chicken into the butter-mustard mixture. Dredge in the pecans to coat both sides. Place the remaining butter in a ten-inch skillet. Add oil. Saute' the chicken for 3 minutes per side or until well browned. Place in a 12x8x2-inch baking dish.

Bake for 20 minutes or until the chicken is fork-tender.

While the chicken is baking, stir sour cream into a greased skillet, scraping brown particles from the bottom and sides. Add the remaining Dijon, salt and pepper.

To serve, cover each piece of chicken with 1/4 of the sour cream sauce.

Per Serving (excluding unknown items): 772 Calories; 82g Fat (92.0% calories from fat); 6g Protein; 10g Carbohydrate; 4g Dietary Fiber; 110mg Cholesterol; 1093mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 16 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	772	Vitamin B6 (mg):	.1mg
% Calories from Fat:	92.0%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	5.2%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	2.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	82g	Folacin (mcg):	23mcg
Saturated Fat (g):	30g	Niacin (mg):	1mg
Monounsaturated Fat (g):	32g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	16g	Alcohol (kcal):	0
Cholesterol (mg):	110mg	% Refuse:	0.0%
Carbohydrate (g):	10g		
Dietary Fiber (g):	4g		
Protein (g):	6g		
Sodium (mg):	1093mg		
Potassium (mg):	254mg		
Calcium (mg):	86mg		
Iron (mg):	1mg		
Zinc (mg):	3mg		
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	1655IU		
Vitamin A (r.e.):	417 1/2RE		

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	16
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 772 **Calories from Fat:** 710

		% Daily Values*
Total Fat	82g	126%
Saturated Fat	30g	148%
Cholesterol	110mg	37%
Sodium	1093mg	46%
Total Carbohydrates	10g	3%
Dietary Fiber	4g	15%
Protein	6g	
Vitamin A		33%
Vitamin C		2%
Calcium		9%
Iron		7%

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