

Polynesian Chicken-Peach Casserole

*Lousene Rousseau Brunner
Casserole Treasury (1964)*

Servings: 6

*3-1/2 pound fryer-broiler, cut up
3 tablespoons butter or margarine
1 large white onion, quartered
1 green pepper, cut in one-inch strips
1 can (29 ounce) sliced peaches
1 tablespoon cornstarch
1 tablespoon soy sauce
3 tablespoons vinegar
2 medium tomatoes, cut in wedges*

Preheat the oven to 375 degrees.

In a skillet, brown the chicken pieces in sizzling butter. Cover the skillet and reduce the heat to very low. Simmer about 20 minutes or until the chicken is somewhat tender. Arrange the chicken in a large casserole.

Separate the onion quarters into their layers. Saute' the onion and green pepper in the fat remaining in the skillet until the onion is translucent.

Drain the peaches well but reserve the syrup. Mix one cup of the syrup with the cornstarch, soy sauce and vinegar. Add to the skillet. Cook until the sauce is clear and somewhat thickened, stirring frequently.

Stir in the peaches and tomatoes. Pour over the chicken in the casserole. Cover the casserole.

Bake for 20 minutes. Remove the cover during the last 5 minutes of baking.

Per Serving (excluding unknown items): 92 Calories; 6g Fat (55.1% calories from fat); 1g Protein; 10g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 235mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Chicken

Calories (kcal): 92
% Calories from Fat: 55.1%
% Calories from Carbohydrates: 40.2%
% Calories from Protein: 4.7%
Total Fat (g): 6g
Saturated Fat (g): 4g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 16mg
Carbohydrate (g): 10g
Dietary Fiber (g): 2g
Protein (g): 1g
Sodium (mg): 235mg
Potassium (mg): 226mg
Calcium (mg): 12mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 29mg
Vitamin A (i.u.): 749IU
Vitamin A (r.e.): 107RE

Vitamin B6 (mg): .1mg
Vitamin B12 (mcg): trace
Thiamin B1 (mg): trace
Riboflavin B2 (mg): trace
Folacin (mcg): 16mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 92 **Calories from Fat:** 50

% Daily Values*

Total Fat 6g	9%
Saturated Fat 4g	18%
Cholesterol 16mg	5%
Sodium 235mg	10%
Total Carbohydrates 10g	3%
Dietary Fiber 2g	7%
Protein 1g	
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Vitamin A	15%
Vitamin C	48%
Calcium	1%
Iron	3%

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