

# Regency Chicken Breasts

Louise Rousseau Brunner  
*Casserole Treasury (1964)*

## Servings: 6

*6 boneless chicken breast halves*  
*6 tablespoons butter or margarine*  
*1/4 cup Cointreau liqueur*  
*1/4 cup brandy*  
*salt*  
*pepper*  
*1/2 pound mushrooms, sliced*  
*1 tiny can truffles (optional), chopped*  
*1 1/2 cups heavy cream, whipped*  
*2 tablespoons parmesan cheese, grated*

Preheat oven to 375 degrees.

In a heavy skillet, heat four tablespoons of butter to sizzling. Brown the chicken breasts on both sides. Arrange in a large shallow casserole. Season to taste.

Flambe' the chicken with the Cointreau and brandy mixed in a small saucepan and slightly warmed. When the flames die down, cover the casserole.

Bake for about 30 minutes or until the chicken is tender.

Add the remaining two tablespoons of butter to the skillet. Lightly saute' the mushrooms. Stir in the truffles and whipped cream. Heat almost to the boiling point, stirring constantly.

Pour over the chicken breasts. Sprinkle with cheese. Brown under the broiler.

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Per Serving (excluding unknown items): 346 Calories; 34g Fat (92.5% calories from fat); 3g Protein; 3g Carbohydrate; trace Dietary Fiber; 114mg Cholesterol; 172mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	346	Vitamin B6 (mg):	trace
% Calories from Fat:	92.5%	Vitamin B12 (mcg):	.1mcg

**% Calories from Carbohydrates:** 4.1%  
**% Calories from Protein:** 3.3%  
**Total Fat (g):** 34g  
**Saturated Fat (g):** 21g  
**Monounsaturated Fat (g):** 10g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 114mg  
**Carbohydrate (g):** 3g  
**Dietary Fiber (g):** trace  
**Protein (g):** 3g  
**Sodium (mg):** 172mg  
**Potassium (mg):** 186mg  
**Calcium (mg):** 67mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 1320IU  
**Vitamin A (r.e.):** 361 1/2RE

**Thiamin B1 (mg):** trace  
**Riboflavin B2 (mg):** .2mg  
**Folacin (mcg):** 10mcg  
**Niacin (mg):** 2mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 23  
**% Refused:** 0.0%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 6 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 6

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### Amount Per Serving

**Calories** 346 **Calories from Fat:** 320

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#### % Daily Values\*

<b>Total Fat</b>	34g	53%
	Saturated Fat 21g	106%
<b>Cholesterol</b>	114mg	38%
<b>Sodium</b>	172mg	7%
<b>Total Carbohydrates</b>	3g	1%
	Dietary Fiber trace	2%
<b>Protein</b>	3g	

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<b>Vitamin A</b>	26%
<b>Vitamin C</b>	3%
<b>Calcium</b>	7%
<b>Iron</b>	3%

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