

# Roquefort Chicken

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

## Servings: 6

*1 (4 to 5 pound) chicken, cut into pieces*

*1 medium onion, chopped*

*1 teaspoon celery salt*

*1/8 teaspoon pepper*

*1/2 pound mushrooms, sliced*

*1 cup cooked rice*

*1/2 cup slivered almonds*

*2 tablespoons onion, minced*

### CREAM SAUCE

*3 tablespoons butter or margarine*

*3 tablespoons all-purpose flour*

*1 1/2 cups chicken broth*

*1 cup light cream*

*1/2 cup roquefort cheese, cut into small pieces*

In a large kettle with one quart of water, place the chicken, onion, celery salt and pepper. Bring to a boil over high heat. Reduce the heat and simmer until the chicken is tender (about 45 minutes to one hour). Remove the chicken from the broth and cool. Skin, bone and cut into bite-size pieces.

Place the chicken in the bottom of a 13x9x2-inch baking dish which has been coated with non-stick cooking spray. Cool the broth, skim off the fat, and reserve for the cream sauce.

In a small skillet, saute' the mushrooms in a little butter. Add to the chicken along with the rice, almonds and minced onion.

To make the cream sauce: In a medium saucepan over low heat, melt the butter. Blend in the flour with a wire whisk. Add the broth and cream, stirring constantly. Cook over medium heat until smooth and thickened. Slowly stir in the cheese until melted.

Pour the cream sauce over the chicken.

Bake at 350 degrees for 40 minutes or until hot and bubbly, gently stirring as necessary.

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Per Serving (excluding unknown items): 852 Calories; 62g Fat (66.1% calories from fat); 52g Protein; 20g Carbohydrate; 2g Dietary Fiber; 277mg Cholesterol; 876mg Sodium. Exchanges: 1 Grain(Starch); 6 1/2 Lean Meat; 1/2 Vegetable; 8 Fat; 0 Other Carbohydrates.

Chicken

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	852	<b>Vitamin B6 (mg):</b>	1.2mg
<b>% Calories from Fat:</b>	66.1%	<b>Vitamin B12 (mcg):</b>	2.7mcg
<b>% Calories from Carbohydrates:</b>	9.3%	<b>Thiamin B1 (mg):</b>	.3mg
<b>% Calories from Protein:</b>	24.6%	<b>Riboflavin B2 (mg):</b>	.8mg
<b>Total Fat (g):</b>	62g	<b>Folacin (mcg):</b>	113mcg
<b>Saturated Fat (g):</b>	22g	<b>Niacin (mg):</b>	20mg
<b>Monounsaturated Fat (g):</b>	24g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	10g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	277mg	<b>% Refuse:</b>	0%
<b>Carbohydrate (g):</b>	20g		
<b>Dietary Fiber (g):</b>	2g		
<b>Protein (g):</b>	52g		
<b>Sodium (mg):</b>	876mg		
<b>Potassium (mg):</b>	881mg		
<b>Calcium (mg):</b>	170mg		
<b>Iron (mg):</b>	5mg		
<b>Zinc (mg):</b>	4mg		
<b>Vitamin C (mg):</b>	9mg		
<b>Vitamin A (i.u.):</b>	2723IU		
<b>Vitamin A (r.e.):</b>	768 1/2RE		

## Food Exchanges

<b>Grain (Starch):</b>	1
<b>Lean Meat:</b>	6 1/2
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	8
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 852 **Calories from Fat:** 564

### % Daily Values\*

<b>Total Fat</b> 62g	96%
Saturated Fat 22g	108%
<b>Cholesterol</b> 277mg	92%
<b>Sodium</b> 876mg	36%
<b>Total Carbohydrates</b> 20g	7%
Dietary Fiber 2g	8%
<b>Protein</b> 52g	
<b>Vitamin A</b>	54%
<b>Vitamin C</b>	15%
<b>Calcium</b>	17%
<b>Iron</b>	27%

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