

# Spirited Breast of Chicken

Mrs. J. W. Lyman

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 4

4 skinless whole chicken breasts  
salt  
pepper  
2 tablespoons green onion, thinly sliced  
1/4 cup sliced mushrooms  
1/2 cup dry white wine  
1 cup canned chicken consomme'  
2 tablespoons parsley, chopped  
1/2 cup peeled, chopped tomatoes (no seeds)

Preheat the oven to 350 degrees.

Salt and pepper the chicken. Saute' in a teflon skillet until light brown.

Remove the chicken. Add the onion and mushrooms. Saute' for 1 minute.

Add the wine. Cook for 1 minute.

Add the consomme', parsley and potatoes.

Return the chicken to the mixture and simmer until slightly thickened.

Cover and place in the oven for 15 minutes.

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Per Serving (excluding unknown items): 23 Calories; trace Fat (7.7% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Vegetable.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	23	Vitamin B6 (mg):	trace
% Calories from Fat:	7.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	71.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	20.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	6mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	20

<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	1g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	trace
<b>Sodium (mg):</b>	3mg
<b>Potassium (mg):</b>	58mg
<b>Calcium (mg):</b>	8mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	3mg
<b>Vitamin A (i.u.):</b>	109IU
<b>Vitamin A (r.e.):</b>	11RE

**% Daily Value\*** 0.0%

### Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 23 **Calories from Fat:** 2

### % Daily Values\*

<b>Total Fat</b> trace	0%
Saturated Fat trace	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 3mg	0%
<b>Total Carbohydrates</b> 1g	0%
Dietary Fiber trace	1%
<b>Protein</b> trace	
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<b>Vitamin A</b>	2%
<b>Vitamin C</b>	5%
<b>Calcium</b>	1%
<b>Iron</b>	2%

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