

Stuffing Topped Chicken

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

Servings: 8

4 boneless/ skinless chicken breasts,
halved

8 slices Swiss cheese

1/2 pound fresh mushrooms

(optional), sliced

1 can (10-3/4 ounce) cream of
chicken soup, undiluted

1/4 cup dry white wine

1 package (8 ounce) herb-seasoned
stuffing mix, prepared according to
package directions

1/4 cup butter or margarine

Preheat the oven to 350 degrees.

Place the chicken breasts in a buttered
13x9x2-inch baking dish.

Top with the cheese and mushrooms.

In a bowl, combine the soup and wine. Blend
well. Spoon the mixture evenly over the chicken.

Spread the prepared stuffing over the soup.
Drizzle with butter.

Bake for 45 to 55 minutes.

Per Serving (excluding unknown
items): 497 Calories; 38g Fat
(69.2% calories from fat); 33g
Protein; 5g Carbohydrate; trace
Dietary Fiber; 121mg Cholesterol;
477mg Sodium. Exchanges: 0
Grain(Starch); 4 Lean Meat; 5 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	497
% Calories from Fat:	69.2%
% Calories from Carbohydrates:	4.1%
% Calories from Protein:	26.6%
Total Fat (g):	38g
Saturated Fat (g):	24g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	121mg
	5g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	1.9mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	8mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	5
% Refuse:	0.0%

Food Exchanges

Carbohydrate (g):		Grain (Starch):	0
Dietary Fiber (g):	trace	Lean Meat:	4
Protein (g):	33g	Vegetable:	0
Sodium (mg):	477mg	Fruit:	0
Potassium (mg):	144mg	Non-Fat Milk:	0
Calcium (mg):	1096mg	Fat:	5
Iron (mg):	trace	Other Carbohydrates:	0
Zinc (mg):	5mg		
Vitamin C (mg):	trace		
Vitamin A (i.u.):	1245IU		
Vitamin A (r.e.):	348 1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 497 **Calories from Fat:** 344

% Daily Values*

Total Fat 38g	58%
Saturated Fat 24g	120%
Cholesterol 121mg	40%
Sodium 477mg	20%
Total Carbohydrates 5g	2%
Dietary Fiber trace	0%
Protein 33g	

Vitamin A	25%
Vitamin C	0%
Calcium	110%
Iron	2%

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