

Tulip Tree Chicken Curry

Tulip Tree Inn - Chittenden, VT

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 4

4 slices bacon
1/2 cup celery, sliced
1 onion, chopped
1 clove garlic, minced
2 tablespoons flour
1 cup milk
1 cup water
3/4 cup applesauce
3 or 4 teaspoons curry powder
2 cubes chicken bouillon
3 cups cooked chicken, cubed
2 1/2 cups cooked rice
raisins (for garnish)
chutney (for garnish)

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In a skillet, cook the bacon until crisp. Drain. Reserve the fat. Crumble the bacon. Set aside.

Cook the celery, onion and garlic in the bacon fat. Blend in the flour.

Stir in the milk, water, applesauce, curry powder and bouillon cubes. Cook and stir until thickened and bubbly.

Stir in the chicken and bacon. Serve over cooked rice with raisins and chutney.

Per Serving (excluding unknown items): 496 Calories; 12g Fat (21.3% calories from fat); 42g Protein; 54g Carbohydrate; 3g Dietary Fiber; 103mg Cholesterol; 976mg Sodium. Exchanges: 2 1/2 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 1 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	496	Vitamin B6 (mg):	1.8mg
% Calories from Fat:	21.3%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	44.5%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	34.1%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	12g	Folacin (mcg):	94mcg
Saturated Fat (g):	4g	Niacin (mg):	16mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

Polyunsaturated Fat (g):	2g
Cholesterol (mg):	103mg
Carbohydrate (g):	54g
Dietary Fiber (g):	3g
Protein (g):	42g
Sodium (mg):	976mg
Potassium (mg):	636mg
Calcium (mg):	149mg
Iron (mg):	3mg
Zinc (mg):	3mg
Vitamin C (mg):	7mg
Vitamin A (i.u.):	199IU
Vitamin A (r.e.):	46RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	5
Vegetable:	1/2
Fruit:	1/2
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 496 Calories from Fat: 106

% Daily Values*

Total Fat 12g	18%
Saturated Fat 4g	20%
Cholesterol 103mg	34%
Sodium 976mg	41%
Total Carbohydrates 54g	18%
Dietary Fiber 3g	14%
Protein 42g	
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Vitamin A	4%
Vitamin C	12%
Calcium	15%
Iron	19%

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