

Chicken Breasts with Black Cherries

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

3 good-sized chicken breasts, halved
6 tablespoons butter or margarine
1 cup port wine
1/2 cup chicken broth
2 teaspoons meat glaze (Maggi, Bevo,
etc.)
1 teaspoon cornstarch
1 cup pitted black Bing cherries

Preheat the oven to 350 degrees.

In a large skillet, brown the breasts in sizzling butter. Arrange them in a large casserole that will hold them on one layer, even though crowded. Cover.

Bake for 20 minutes.

To the skillet, add the port, chicken broth and meat glaze. Stir well. Simmer for 10 minutes.

In a bowl, dissolve the cornstarch in a small amount of water. Stir into the skillet. Simmer until the sauce is clear, stirring constantly.

Add the cherries. Pour over the chicken breasts.

Cover the casserole again. Bake for 20 additional minutes longer.

Per Serving (excluding unknown items): 418 Calories; 25g Fat (61.0% calories from fat); 31g Protein; 5g Carbohydrate; trace Dietary Fiber; 124mg Cholesterol; 274mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 2 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	418	Vitamin B6 (mg):	.8mg
% Calories from Fat:	61.0%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	5.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	33.4%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 25g
Saturated Fat (g): 11g
Monounsaturated Fat (g): 9g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 124mg
Carbohydrate (g): 5g
Dietary Fiber (g): trace
Protein (g): 31g
Sodium (mg): 274mg
Potassium (mg): 378mg
Calcium (mg): 22mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 554IU
Vitamin A (r.e.): 142RE

Folacin (mcg): 7mcg
Niacin (mg): 15mg
Caffeine (mg): 0mg
Alcohol (kcal): 62
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 4 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 418 **Calories from Fat:** 255

% Daily Values*

Total Fat	25g	38%
	Saturated Fat 11g	55%
Cholesterol	124mg	41%
Sodium	274mg	11%
Total Carbohydrates	5g	2%
	Dietary Fiber trace	0%
Protein	31g	
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Vitamin A		11%
Vitamin C		2%
Calcium		2%
Iron		7%

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