

Chicken-Almond Pie

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 5

2 cups cooked chicken, cut in good-sized pieces
1/4 cup butter or margarine
1/4 cup flour
1 cup light cream or milk
salt
pepper
1 cup chicken broth
1/4 teaspoon dill weed
1 teaspoon parsley, chopped
1/4 pound mushrooms, sliced and sauteed
1/2 cup slivered almonds, toasted
pastry for one-crust nine-inch pie

Preheat the oven to 400 degrees.

Make a cream sauce of the flour, butter and cream. Season to taste.

Stir in the chicken broth, dill weed and parsley. Cook, stirring, until the sauce is velvety and thick.

Stir in the chicken, mushrooms and almonds. Pour into a deep pie plate. Top with the pastry, slashed to permit steam to escape.

Bake for 25 to 30 minutes until golden brown.

Per Serving (excluding unknown items): 299 Calories; 20g Fat (58.8% calories from fat); 22g Protein; 9g Carbohydrate; 1g Dietary Fiber; 72mg Cholesterol; 292mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 3 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	299	Vitamin B6 (mg):	.4mg
% Calories from Fat:	58.8%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	11.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	29.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	20g	Folacin (mcg):	16mcg
Saturated Fat (g):	7g	Niacin (mg):	9mg
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	72mg	% Daily Value*	on on%

Carbohydrate (g):	9g
Dietary Fiber (g):	1g
Protein (g):	22g
Sodium (mg):	292mg
Potassium (mg):	383mg
Calcium (mg):	52mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	379IU
Vitamin A (r.e.):	92 1/2RE

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	3
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories 299 Calories from Fat: 176

% Daily Values*

Total Fat	20g	30%
Saturated Fat	7g	36%
Cholesterol	72mg	24%
Sodium	292mg	12%
Total Carbohydrates	9g	3%
Dietary Fiber	1g	6%
Protein	22g	

Vitamin A	8%
Vitamin C	2%
Calcium	5%
Iron	10%

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