

Breast of Chicken Jacques

Mrs. W. C. Nettles Jr

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

Servings: 4

2 chicken breasts, halved
1/3 cup butter
2 tablespoons olive oil
1 clove garlic, minced
1/2 cup diced red and green sweet peppers
12 mushroom caps
1/2 cup sliced ripe olives
1 cup sour cream
2 tablespoons pate' de foie gras salt (to taste)
pepper (to taste)
1/4 cup sherry

In a skillet, saute' the chicken breasts and garlic in butter and olive oil until tender but not brown. Remove to a warm platter and keep warm.

In a skillet, saute' the sweet peppers until limp. Add the mushroom caps and ripe olives. Cook for 5 minutes over moderate heat, stirring frequently. Remove the mixture and set aside.

In a bowl, blend the sour cream into the pate'. Stir into the sauce mixture. Salt and pepper to taste. Bring to a boil, stirring constantly.

Add the sherry, chicken breasts and mushroom mixture. Cook over moderate heat for 2 minutes.

Per Serving (excluding unknown items): 614 Calories; 48g Fat (71.3% calories from fat); 34g Protein; 9g Carbohydrate; 1g Dietary Fiber; 159mg Cholesterol; 282mg Sodium. Exchanges: 4 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 7 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	614	Vitamin B6 (mg):	.9mg
% Calories from Fat:	71.3%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	5.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	22.9%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	48g	Folacin (mcg):	35mcg
Saturated Fat (g):	22g	Niacin (mg):	19mg
Monounsaturated Fat (g):	18g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	21
			0.0%

Cholesterol (mg):	159mg
Carbohydrate (g):	9g
Dietary Fiber (g):	1g
Protein (g):	34g
Sodium (mg):	282mg
Potassium (mg):	811mg
Calcium (mg):	95mg
Iron (mg):	3mg
Zinc (mg):	2mg
Vitamin C (mg):	6mg
Vitamin A (i.u.):	1147IU
Vitamin A (r.e.):	312 1/2RE

% Refuse:

Food Exchanges

Grain (Starch):	0
Lean Meat:	4 1/2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	7
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 614 **Calories from Fat:** 438

% Daily Values*

Total Fat 48g	74%
Saturated Fat 22g	109%
Cholesterol 159mg	53%
Sodium 282mg	12%
Total Carbohydrates 9g	3%
Dietary Fiber 1g	5%
Protein 34g	
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Vitamin A	23%
Vitamin C	10%
Calcium	10%
Iron	14%

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