

Baltimore Chicken with Crabmeat

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

3/4 cup cooked chicken, diced
3/4 cup cooked crabmeat, flaked coarsely
1 can cream of mushroom soup
1 can cream of chicken soup
1/2 cup milk
1 tablespoon onion, grated
1/2 teaspoon paprika
1/2 cup mushrooms, sliced and lightly saute'd
1/2 cup buttered bread crumbs

Preheat the oven to 325 degrees,

In a saucepan, mix the two soups, the milk, onion and paprika. Heat to just under boiling.

Stir in the chicken, crabmeat and mushrooms. Blend well.

Pour into a medium casserole. Top with buttered crumbs.

Bake for 15 minutes or until brown and bubbly.

Per Serving (excluding unknown items): 130 Calories; 6g Fat (44.8% calories from fat); 11g Protein; 7g Carbohydrate; trace Dietary Fiber; 30mg Cholesterol; 540mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	130
% Calories from Fat:	44.8%
% Calories from Carbohydrates:	21.4%
% Calories from Protein:	33.8%
Total Fat (g):	6g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	30mg
Carbohydrate (g):	7g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	7mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	1/2
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Protein (g): 11g
Sodium (mg): 540mg
Potassium (mg): 201mg
Calcium (mg): 62mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 361IU
Vitamin A (r.e.): 45 1/2RE

Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 130 **Calories from Fat:** 58

% Daily Values*

Total Fat 6g	10%
Saturated Fat 2g	11%
Cholesterol 30mg	10%
Sodium 540mg	23%
Total Carbohydrates 7g	2%
Dietary Fiber trace	2%
Protein 11g	
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Vitamin A	7%
Vitamin C	2%
Calcium	6%
Iron	4%

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