

Chicken Casserole with Sour Cream Sauce

Mrs. John B. Noland

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

Servings: 4

2 whole chicken breasts, split
salt
1 lemon-pepper marinade, granulated
1/4 cup butter or margarine
1/4 cup green onions, chopped
1 clove garlic, minced
1 teaspoon paprika
1 package (10 ounce) frozen chopped
broccoli
4 canned peach halves
1 cup sour cream
1/4 cup mayonnaise
1/4 cup Parmesan cheese, grated

Preheat the oven to 375 degrees.

Season the chicken with salt and the lemon-pepper marinade.

In a small skillet, melt the butter. Saute' the green onions and garlic for a few minutes. Stir in the paprika. Turn the chicken in the mixture until well coated. Transfer the chicken to a shallow broiler-proof baking dish. Cover loosely with foil.

Bake until tender, about 20 to 30 minutes.

Meanwhile, cook the broccoli. Drain. Set aside and keep warm. Arrange the broccoli and peach halves in the pan beside the chicken.

In a bowl, mix the sour cream and mayonnaise together. Spoon over all. Sprinkle with cheese.

Broil low in the oven until richly flecked with brown, about 5 minutes.

Per Serving (excluding unknown items): 351 Calories; 37g Fat (91.1% calories from fat); 4g Protein; 4g Carbohydrate; trace Dietary Fiber; 65mg Cholesterol; 320mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 6 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	351	Vitamin B6 (mg):	.1mg
% Calories from Fat:	91.1%	Vitamin B12 (mcg):	.3mcg

% Calories from Carbohydrates: 4.0%
% Calories from Protein: 4.8%
Total Fat (g): 37g
Saturated Fat (g): 17g
Monounsaturated Fat (g): 10g
Polyunsaturated Fat (g): 7g
Cholesterol (mg): 65mg
Carbohydrate (g): 4g
Dietary Fiber (g): trace
Protein (g): 4g
Sodium (mg): 320mg
Potassium (mg): 130mg
Calcium (mg): 148mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 1338IU
Vitamin A (r.e.): 299 1/2RE

Thiamin B1 (mg): trace
Riboflavin B2 (mg): .1mg
Folacin (mcg): 13mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 6
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 351 **Calories from Fat:** 320

% Daily Values*

Total Fat	37g	57%
	Saturated Fat 17g	86%
Cholesterol	65mg	22%
Sodium	320mg	13%
Total Carbohydrates	4g	1%
	Dietary Fiber trace	1%
Protein	4g	

Vitamin A		27%
Vitamin C		4%
Calcium		15%
Iron		2%

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