

Chicken Cornbread Casserole

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

1 skillet cooked cornbread
2 cups cooked chicken, chopped
1 can cream of chicken soup
1 can cream of celery soup
1 can chicken broth
1/4 cup onion, minced
salt (to taste)
pepper (to taste)
1 stick margarine, melted

Preheat the oven to 425 degrees.

Crumble the cornbread and place in the bottom of a casserole dish. (Reserve enough crumbs for topping).

Pour the melted margarine over the crumbs. (Reserve some melted butter for the top.)

In a bowl, mix the chicken, chicken soup, celery soup, broth, onion, salt and pepper. Pour over the cornbread.

Cover with the reserved cornbread crumbs and drizzle the reserved melted margarine on top.

Bake for 20 to 25 minutes or until the bread browns.

Per Serving (excluding unknown items): 1557 Calories; 118g Fat (68.6% calories from fat); 98g Protein; 23g Carbohydrate; 2g Dietary Fiber; 262mg Cholesterol; 3981mg Sodium. Exchanges: 1/2 Grain(Starch); 13 Lean Meat; 2 1/2 Vegetable; 20 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	1557	Vitamin B6 (mg):	1.8mg
% Calories from Fat:	68.6%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	6.1%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	25.3%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	118g	Folacin (mcg):	29mcg
Saturated Fat (g):	23g	Niacin (mg):	39mg

Monounsaturated Fat (g): 53g
Polyunsaturated Fat (g): 34g
Cholesterol (mg): 262mg
Carbohydrate (g): 23g
Dietary Fiber (g): 2g
Protein (g): 98g
Sodium (mg): 3981mg
Potassium (mg): 1218mg
Calcium (mg): 167mg
Iron (mg): 5mg
Zinc (mg): 5mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 4985IU
Vitamin A (r.e.): 1016RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 13
Vegetable: 2 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 20 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1557 **Calories from Fat:** 1069

% Daily Values*

Total Fat 118g	181%
Saturated Fat 23g	116%
Cholesterol 262mg	87%
Sodium 3981mg	166%
Total Carbohydrates 23g	8%
Dietary Fiber 2g	7%
Protein 98g	
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Vitamin A	100%
Vitamin C	5%
Calcium	17%
Iron	27%

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