

# Chicken Dinner Elegante

*Mrs. John M. Carnahan*

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

## **Servings: 6**

*1 can (14 ounce) artichoke hearts*  
*10 small new potatoes, pared*  
*6 chicken breast halves*  
*flour (to coat chicken)*  
*1/4 cup butter or margarine*  
*2 tablespoons green onion, chopped*  
*1 can (6 ounce) mushroom caps and liquid*  
*1/4 cup sherry*  
*1/2 teaspoon salt*  
*1/8 teaspoon pepper*  
*1/2 cup sour cream*  
*1 tablespoon flour*

Preheat the oven to 350 degrees.

Arrange the artichoke hearts and the potatoes in a 2-1/2 quart casserole.

Coat the chicken in flour. In a skillet, brown in the butter. When brown on both sides, arrange on top of the vegetables.

In the same skillet, cook the green onions until tender. Stir in the mushroom caps with their liquid. Add the sherry. Pour the mixture over the chicken and vegetables. Sprinkle with salt and pepper. Cover.

Bake for 1-1/2 hours.

Place the chicken and vegetables on a warm serving platter. Pour the juices from the casserole into a small saucepan. Add one tablespoon of flour and simmer the mixture for 2 to 3 minutes, stirring constantly. Blend in the sour cream and heat.

Pour the sauce over the chicken and vegetables. Serve.

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Per Serving (excluding unknown items): 545 Calories; 25g Fat (42.6% calories from fat); 36g Protein; 41g Carbohydrate; 4g Dietary Fiber; 122mg Cholesterol; 384mg Sodium. Exchanges: 2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Chicken

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	545	<b>Vitamin B6 (mg):</b>	1.3mg
<b>% Calories from Fat:</b>	42.6%	<b>Vitamin B12 (mcg):</b>	.6mcg
<b>% Calories from Carbohydrates:</b>	30.6%	<b>Thiamin B1 (mg):</b>	.3mg
<b>% Calories from Protein:</b>	26.8%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	25g	<b>Folacin (mcg):</b>	43mcg
<b>Saturated Fat (g):</b>	11g	<b>Niacin (mg):</b>	18mg
<b>Monounsaturated Fat (g):</b>	9g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	3g	<b>Alcohol (kcal):</b>	14
<b>Cholesterol (mg):</b>	122mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	41g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	4g	<b>Grain (Starch):</b>	2
<b>Protein (g):</b>	36g	<b>Lean Meat:</b>	4 1/2
<b>Sodium (mg):</b>	384mg	<b>Vegetable:</b>	1/2
<b>Potassium (mg):</b>	1519mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	65mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	3mg	<b>Fat:</b>	2 1/2
<b>Zinc (mg):</b>	2mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	43mg		
<b>Vitamin A (i.u.):</b>	593IU		
<b>Vitamin A (r.e.):</b>	155RE		

**Nutrition Facts**

Servings per Recipe: 6

**Amount Per Serving**

**Calories** 545                      **Calories from Fat:** 232

**% Daily Values\***

<b>Total Fat</b> 25g	39%
Saturated Fat 11g	56%
<b>Cholesterol</b> 122mg	41%
<b>Sodium</b> 384mg	16%
<b>Total Carbohydrates</b> 41g	14%
Dietary Fiber 4g	16%
<b>Protein</b> 36g	
<b>Vitamin A</b>	12%
<b>Vitamin C</b>	72%
<b>Calcium</b>	6%
<b>Iron</b>	16%

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