

Chicken LaPaloma

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

Servings: 5

1 can cream of chicken soup
1/2 cup mayonnaise
1/2 teaspoon lemon juice
1/4 teaspoon curry powder
2 cups cooked chicken, cubed
1/2 cup grated cheese
1/2 package (8 ounce) frozen
vegetables (carrots, cauliflower and
broccoli)
1/4 cup butter
1 cup corn flakes, crumbled
1 teaspoon parsley

Preheat the oven to 350 degrees.

In a bowl, thoroughly blend the soup,
mayonnaise, lemon juice and curry.

Stir in the chicken and vegetables. Spread the
mixture in a 13x9-inch casserole dish.

Sprinkle with the cheese.

In a bowl, combine the butter, corn flakes and
parsley.

Top the casserole with the mixture.

Bake for 45 minutes.

Per Serving (excluding unknown
items): 345 Calories; 27g Fat
(67.7% calories from fat); 21g
Protein; 7g Carbohydrate; trace
Dietary Fiber; 69mg Cholesterol;
495mg Sodium. Exchanges: 1/2
Grain(Starch); 3 Lean Meat; 0
Vegetable; 0 Fruit; 2 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	345	Vitamin B6 (mg):	.6mg
% Calories from Fat:	67.7%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	7.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	24.4%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	27g	Folacin (mcg):	27mcg
Saturated Fat (g):	6g	Niacin (mg):	8mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	10g	Alcohol (kcal):	0

Cholesterol (mg):	69mg
Carbohydrate (g):	7g
Dietary Fiber (g):	trace
Protein (g):	21g
Sodium (mg):	495mg
Potassium (mg):	183mg
Calcium (mg):	102mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	464IU
Vitamin A (r.e.):	108RE

% Daily Value* 0 0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	3
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories 345 Calories from Fat: 233

% Daily Values*

Total Fat 27g	41%
Saturated Fat 6g	31%
Cholesterol 69mg	23%
Sodium 495mg	21%
Total Carbohydrates 7g	2%
Dietary Fiber trace	1%
Protein 21g	
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Vitamin A	9%
Vitamin C	6%
Calcium	10%
Iron	15%

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