

Chicken and Rice Almondine

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

2 cups cooked chicken, diced
1 1/2 cups raw rice
3 cups chicken broth
1 teaspoon saffron (optional)
1 can pitted black Bing cherries
1/4 cup slivered almonds
1/4 cup white raisins (sultana)
1 1/2 teaspoons fresh rosemary,
chopped
1/2 teaspoon dill or dill weed
1/2 cup salad oil
4 small white onions, sliced
salt
pepper
1 tablespoon parsley (for garnish),
chopped

Preheat the oven to 350 degrees.

In the top of a double boiler, place the rice, chicken broth and optional saffron. Cook over boiling water, without stirring, for 30 to 35 minutes or until it is flaky and all of the liquid is absorbed.

Stir in the cherries, raisins, almonds, rosemary and dill.

In a heavy casserole, heat the oil. Slightly brown the onions.

Stir in the chicken. Continue cooking for 1 to 2 minutes and then add the rice mixture. Adjust the seasoning with salt and pepper.

Bake for 20 minutes.

Sprinkle with parsley before serving.

Per Serving (excluding unknown items): 324 Calories; 24g Fat (67.0% calories from fat); 19g Protein; 8g Carbohydrate; 2g Dietary Fiber; 40mg Cholesterol; 420mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 4 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	324	Vitamin B6 (mg):	.4mg
% Calories from Fat:	67.0%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	9.7%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	23.3%
Total Fat (g):	24g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	14g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	40mg
Carbohydrate (g):	8g
Dietary Fiber (g):	2g
Protein (g):	19g
Sodium (mg):	420mg
Potassium (mg):	380mg
Calcium (mg):	42mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	18IU
Vitamin A (r.e.):	4 1/2RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	21mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	324	Calories from Fat:	217
-----------------	-----	---------------------------	-----

% Daily Values*

Total Fat	24g	37%
Saturated Fat	3g	16%
Cholesterol	40mg	13%
Sodium	420mg	18%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	7%
Protein	19g	
<hr/>		
Vitamin A		0%
Vitamin C		8%
Calcium		4%
Iron		6%

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