

India Chicken with Sesame Seeds

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 7

2 (2-1/2 to 3 pounds ea) broiler-fryers, cut up
1/2 cup flour
2 teaspoons salt
1/2 teaspoon freshly ground pepper
1 teaspoon paprika
3 tablespoons butter or margarine
2 tablespoons brown sugar
1/2 teaspoon ground ginger
1 cup red wine
2 tablespoons soy sauce
1/3 cup toasted sesame seeds

Preheat the oven to 350 degrees.

In a paper bag, shake the chicken pieces with a mixture of flour, salt, pepper and paprika.

In a heavy skillet, brown the chicken lightly in hot butter. Arrange in a large casserole.

To the fat remaining in the skillet, add the brown sugar, ginger, wine and soy sauce. Clean out all of the brown pieces in the skillet and pour over the chicken in the casserole.

Toast the sesame seeds to a golden color in the oven or in another skillet (stir them constantly in the skillet). Sprinkle over the chicken pieces. Cover the casserole.

Bake for 45 minutes to one hour.

Per Serving (excluding unknown items): 149 Calories; 8g Fat (55.0% calories from fat); 2g Protein; 12g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 979mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	149	Vitamin B6 (mg):	.1mg
% Calories from Fat:	55.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	37.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	8g	Folacin (mcg):	10mcg

Saturated Fat (g): 3g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 13mg
Carbohydrate (g): 12g
Dietary Fiber (g): 1g
Protein (g): 2g
Sodium (mg): 979mg
Potassium (mg): 103mg
Calcium (mg): 22mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 389IU
Vitamin A (r.e.): 66 1/2RE

Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 24
% Refused: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 7

Amount Per Serving

Calories 149 Calories from Fat: 82

% Daily Values*

Total Fat 8g	12%
Saturated Fat 3g	17%
Cholesterol 13mg	4%
Sodium 979mg	41%
Total Carbohydrates 12g	4%
Dietary Fiber 1g	6%
Protein 2g	
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Vitamin A	8%
Vitamin C	0%
Calcium	2%
Iron	7%

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