

# Rachel's Chicken Delight

Louise Rousseau Brunner  
*Casserole Treasury (1964)*

## Servings: 8

*five pound chicken, cut up*  
*salt*  
*2 - 3 slices onion*  
*1 carrot, cut in several pieces*  
*1 small bay leaf*  
*2 sprigs parsley*  
*3 tablespoons butter or margarine*  
*3 tablespoons flour*  
*1/2 cup heavy cream*  
*1/2 cup milk*  
*1/4 cup dry sherry*  
*fresh ground black pepper*  
*1/2 pound salted almonds (whole)*  
*1 large can button mushrooms,*  
*drained*  
*battered bread crumbs*

Preheat the oven to 250 degrees.

In a large pot, place the chicken, one teaspoon salt, onion, carrot, bay leaf and parsley. Cover with water. Bring to a boil. Simmer until the meat almost falls off the bones - 1-1/2 to two hours.

Lift out the chicken pieces, skin them and tear off the meat in quite large chunks. Strain the liquid and discard the vegetables. Reserve the broth.

In a large saucepan, melt the butter. Blend in the flour. Cook for 3 to 4 minutes over low heat. Blend in the cream, milk, sherry and one cup of the chicken broth. (Save the remaining broth for other uses.)

Season the cream sauce very mildly with salt and pepper. Stir in the chicken, almonds and mushrooms.

Pack the mixture into a shallow casserole. Top quite thickly with buttered crumbs.

Bake for 30 to 40 minutes in a very slow oven or until golden brown and bubbly.

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Per Serving (excluding unknown items): 161 Calories; 11g Fat (60.4% calories from fat); 3g Protein; 13g Carbohydrate; 2g Dietary Fiber; 34mg Cholesterol; 72mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.

Chicken

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	161	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	60.4%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	32.5%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	7.1%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	11g	<b>Folacin (mcg):</b>	44mcg
<b>Saturated Fat (g):</b>	6g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	3g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	9
<b>Cholesterol (mg):</b>	34mg	<b>% Refuse:</b>	0%
<b>Carbohydrate (g):</b>	13g		
<b>Dietary Fiber (g):</b>	2g		
<b>Protein (g):</b>	3g		
<b>Sodium (mg):</b>	72mg		
<b>Potassium (mg):</b>	317mg		
<b>Calcium (mg):</b>	70mg		
<b>Iron (mg):</b>	2mg		
<b>Zinc (mg):</b>	1mg		
<b>Vitamin C (mg):</b>	27mg		
<b>Vitamin A (i.u.):</b>	3713IU		
<b>Vitamin A (r.e.):</b>	440RE		

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 161 **Calories from Fat:** 97

### % Daily Values\*

<b>Total Fat</b> 11g	16%
Saturated Fat 6g	32%
<b>Cholesterol</b> 34mg	11%
<b>Sodium</b> 72mg	3%
<b>Total Carbohydrates</b> 13g	4%
Dietary Fiber 2g	10%
<b>Protein</b> 3g	
<b>Vitamin A</b>	74%
<b>Vitamin C</b>	44%
<b>Calcium</b>	7%
<b>Iron</b>	13%

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