

# Chautauqua Chicken Lush

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Servings: 4

*3 cups boneless/ skinless chicken breast, cooked and chopped*  
*1 cup mayonnaise*  
*1 can (10-3/4 ounce) cream of mushroom soup*  
*1/2 teaspoon curry powder*  
*1 can (8 ounce) water chestnuts, drained and chopped*  
*1 cup butter breadcrumbs or crushed potato chips*  
*sprinkle paprika*  
*1/4 cup slivered almonds*

Preheat the oven to 350 degrees.

In a bowl, thoroughly mix the chicken, mayonnaise, soup, curry powder and water chestnuts. Spread the mixture evenly in a greased 1-1/2-quart baking dish.

Scatter the crumbs or chips over the chicken mixture.

Sprinkle lightly with paprika and top with almonds.

Bake for 45 minutes.

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Per Serving (excluding unknown items): 481 Calories; 54g Fat (94.4% calories from fat); 3g Protein; 4g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 572mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 5 Fat.

Chicken

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	481
<b>% Calories from Fat:</b>	94.4%
<b>% Calories from Carbohydrates:</b>	3.2%
<b>% Calories from Protein:</b>	2.4%
<b>Total Fat (g):</b>	54g
<b>Saturated Fat (g):</b>	8g
<b>Monounsaturated Fat (g):</b>	16g
<b>Polyunsaturated Fat (g):</b>	25g
<b>Cholesterol (mg):</b>	20mg
<b>Carbohydrate (g):</b>	4g

<b>Vitamin B6 (mg):</b>	.3mg
<b>Vitamin B12 (mcg):</b>	.2mcg
<b>Thiamin B1 (mg):</b>	trace
<b>Riboflavin B2 (mg):</b>	.1mg
<b>Folacin (mcg):</b>	9mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	0.0%

## Food Exchanges

**Dietary Fiber (g):** 1g  
**Protein (g):** 3g  
**Sodium (mg):** 572mg  
**Potassium (mg):** 116mg  
**Calcium (mg):** 45mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 157IU  
**Vitamin A (r.e.):** 31RE

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 5  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

**Calories** 481 **Calories from Fat:** 453

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#### % Daily Values\*

<b>Total Fat</b>	54g	83%
	Saturated Fat 8g	38%
<b>Cholesterol</b>	20mg	7%
<b>Sodium</b>	572mg	24%
<b>Total Carbohydrates</b>	4g	1%
	Dietary Fiber 1g	3%
<b>Protein</b>	3g	
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<b>Vitamin A</b>		3%
<b>Vitamin C</b>		1%
<b>Calcium</b>		5%
<b>Iron</b>		4%

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