

Chicken Breast Supreme

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

6 chicken breasts
2 cups sour cream
1/4 cup lemon juice
4 teaspoons Worcestershire sauce
2 teaspoons paprika
4 teaspoons celery salt
2 teaspoons garlic powder
4 teaspoons salt
1/2 teaspoon pepper
1 3/4 cups dry bread crumbs
1/2 cup margarine
1/2 cup shortening

In a bowl, combine the sour cream, lemon juice, Worcestershire sauce, paprika, celery salt, garlic powder, salt and pepper. Coat the chicken pieces in the mixture. Cover and store overnight in the refrigerator.

Next day, scrape some of the coating off of the chicken. Roll in the bread crumbs.

Preheat the oven to 350 degrees.

Line a baking pan with foil and spray with cooking spray.

Melt the butter and shortening. Spoon over the chicken.

Bake for 60 minutes. Do not turn the chicken while cooking.

Per Serving (excluding unknown items): 6533 Calories; 463g Fat (64.2% calories from fat); 405g Protein; 176g Carbohydrate; 7g Dietary Fiber; 1318mg Cholesterol; 19099mg Sodium. Exchanges: 9 1/2 Grain(Starch); 52 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 1/2 Non-Fat Milk; 60 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	6533	Vitamin B6 (mg):	9.7mg
% Calories from Fat:	64.2%	Vitamin B12 (mcg):	7.4mcg
% Calories from Carbohydrates:	10.9%	Thiamin B1 (mg):	2.7mg
% Calories from Protein:	25.0%	Riboflavin B2 (mg):	3.1mg
Total Fat (g):	463g	Folacin (mcg):	181mcg
Saturated Fat (g):	151g	Niacin (mg):	186mg
Monounsaturated Fat (g):	188g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	95g	Alcohol (kcal):	0
Cholesterol (mg):	1318mg	% Refuse:	0.0%
Carbohydrate (g):	176g		
Dietary Fiber (g):	7g	Food Exchanges	
Protein (g):	405g	Grain (Starch):	9 1/2
Sodium (mg):	19099mg	Lean Meat:	52
		Vegetable:	1/2

Potassium (mg): 5375mg
Calcium (mg): 1288mg
Iron (mg): 27mg
Zinc (mg): 18mg
Vitamin C (mg): 90mg
Vitamin A (i.u.): 11939IU
Vitamin A (r.e.): 2697RE

Fruit: 1/2
Non-Fat Milk: 1 1/2
Fat: 60
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 6533 **Calories from Fat:** 4193

% Daily Values*

Total Fat 463g	713%
Saturated Fat 151g	753%
Cholesterol 1318mg	439%
Sodium 19099mg	796%
Total Carbohydrates 176g	59%
Dietary Fiber 7g	28%
Protein 405g	
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Vitamin A	239%
Vitamin C	150%
Calcium	129%
Iron	152%

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