

Chicken Breasts with Stuffing

Mrs. W. A. Rolston Jr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 4

1 package (8 ounce) stuffing mix
1 cup celery, chopped
1/2 cup onion, chopped
2 tablespoons pimiento or bell pepper
1 egg
2 cups chicken bouillon
6 chicken breasts
salt (to taste)
black pepper (to taste)
1/2 cup margarine, melted
Worcestershire sauce (to taste)
1/2 cup lemon juice

Preheat the oven to 325 degrees.

In a bowl, mix the stuffing mix, celery, onion, pimiento, egg and bouillon. Place the mixture in a buttered square pyrex casserole.

Salt and pepper the chicken breasts. Arrange over the stuffing mixture.

In a bowl, blend the margarine, Worcestershire sauce and lemon juice.

Bake, uncovered, for about 1-1/2 hours. Baste the chicken several times during baking.

Per Serving (excluding unknown items): 1001 Calories; 65g Fat (59.3% calories from fat); 94g Protein; 7g Carbohydrate; 1g Dietary Fiber; 331mg Cholesterol; 1327mg Sodium. Exchanges: 13 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	1001
% Calories from Fat:	59.3%
% Calories from Carbohydrates:	2.6%
% Calories from Protein:	38.1%
Total Fat (g):	65g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	28g
Polyunsaturated Fat (g):	16g
Cholesterol (mg):	331mg
Carbohydrate (g):	7g

Vitamin B6 (mg):	2.4mg
Vitamin B12 (mcg):	1.7mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	41mcg
Niacin (mg):	43mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 1g
Protein (g): 94g
Sodium (mg): 1327mg
Potassium (mg): 1153mg
Calcium (mg): 88mg
Iron (mg): 4mg
Zinc (mg): 4mg
Vitamin C (mg): 22mg
Vitamin A (i.u.): 1497IU
Vitamin A (r.e.): 358RE

Grain (Starch): 0
Lean Meat: 13
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 4 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 1001 **Calories from Fat:** 593

% Daily Values*

Total Fat 65g	100%
Saturated Fat 16g	80%
Cholesterol 331mg	110%
Sodium 1327mg	55%
Total Carbohydrates 7g	2%
Dietary Fiber 1g	4%
Protein 94g	
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Vitamin A	30%
Vitamin C	36%
Calcium	9%
Iron	20%

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