

Chicken Divan II

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

2 packages (10 ounce ea) frozen
chopped broccoli
5 to 6 chicken breasts
1 can cream of chicken soup
1 can cream of mushroom soup
1 cup mayonnaise
1 to 2 teaspoons lemon juice
1 cup Cheddar cheese, shredded
1 cup bread crumbs
2 tablespoons margarine, melted

Preheat the oven to 350 degrees.

In a skillet, cook the chicken and remove from the bone.

In a saucepan, cook the broccoli. Drain and arrange in a buttered baking dish. Place the chicken on the broccoli.

In a bowl, combine the soup, mayonnaise and lemon juice. Pour over the chicken.

Sprinkle with the cheese. Sprinkle the bread crumbs over the cheese.

Bake for 25 to 30 minutes.

Per Serving (excluding unknown items): 5465 Calories; 404g Fat (65.7% calories from fat); 353g Protein; 120g Carbohydrate; 4g Dietary Fiber; 1136mg Cholesterol; 6086mg Sodium. Exchanges: 6 1/2 Grain(Starch); 47 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 29 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|--------|
| Calories (kcal): | 5465 | Vitamin B6 (mg): | 9.2mg |
| % Calories from Fat: | 65.7% | Vitamin B12 (mcg): | 6.6mcg |
| % Calories from Carbohydrates: | 8.7% | Thiamin B1 (mg): | 1.9mg |
| % Calories from Protein: | 25.6% | Riboflavin B2 (mg): | 2.3mg |
| Total Fat (g): | 404g | Folacin (mcg): | 253mcg |
| Saturated Fat (g): | 98g | Niacin (mg): | 153mg |
| Monounsaturated Fat (g): | 134g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 134g | Alcohol (kcal): | 0 |

| | |
|--------------------|------------|
| Cholesterol (mg): | 1136mg |
| Carbohydrate (g): | 120g |
| Dietary Fiber (g): | 4g |
| Protein (g): | 353g |
| Sodium (mg): | 6086mg |
| Potassium (mg): | 4122mg |
| Calcium (mg): | 1369mg |
| Iron (mg): | 20mg |
| Zinc (mg): | 18mg |
| Vitamin C (mg): | 129mg |
| Vitamin A (i.u.): | 4682IU |
| Vitamin A (r.e.): | 1122 1/2RE |

% Refused: 0 0%

Food Exchanges

| | |
|----------------------|--------|
| Grain (Starch): | 6 1/2 |
| Lean Meat: | 47 1/2 |
| Vegetable: | 0 |
| Fruit: | 1 1/2 |
| Non-Fat Milk: | 0 |
| Fat: | 29 1/2 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Amount Per Serving

Calories 5465 **Calories from Fat:** 3593

% Daily Values*

| | |
|---------------------------------|------|
| Total Fat 404g | 621% |
| Saturated Fat 98g | 491% |
| Cholesterol 1136mg | 379% |
| Sodium 6086mg | 254% |
| Total Carbohydrates 120g | 40% |
| Dietary Fiber 4g | 17% |
| Protein 353g | |
| Vitamin A | 94% |
| Vitamin C | 215% |
| Calcium | 137% |
| Iron | 113% |

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