

Chicken Rotel

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

Servings: 12

5 to 6 chicken breasts
12 ounces spaghetti
2 medium onions, chopped
2 medium bell peppers, chopped
2 pounds Velveeta cheese
1 can (10 ounce) Rotel tomatoes
1 jar (2 ounce) pimiento
1 can (15-1/2 ounce) english peas
1 can (4 ounce) sliced mushrooms
1 1/2 sticks margarine

Preheat the oven to 300 degrees.

Cook the chicken in two quarts of boiling, salted water until tender. Drain, reserving the broth. Cool and chop the chicken.

Boil the spaghetti in the chicken broth.

In a skillet, saute' the onions and bell peppers in butter. In a bowl, mix all of the ingredients. Place the mixture in a casserole dish.

Bake for 20 minutes.

Increase the oven temperature to 325 degrees. Bake for 15 to 20 minutes additional.

This dish freezes well, if desired.

Per Serving (excluding unknown items): 438 Calories; 23g Fat (48.0% calories from fat); 30g Protein; 26g Carbohydrate; 2g Dietary Fiber; 77mg Cholesterol; 213mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	438	Vitamin B6 (mg):	.8mg
% Calories from Fat:	48.0%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	24.2%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	27.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	23g	Folacin (mcg):	27mcg
Saturated Fat (g):	5g	Niacin (mg):	15mg

Monounsaturated Fat (g): 10g
Polyunsaturated Fat (g): 6g
Cholesterol (mg): 77mg
Carbohydrate (g): 26g
Dietary Fiber (g): 2g
Protein (g): 30g
Sodium (mg): 213mg
Potassium (mg): 435mg
Calcium (mg): 31mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 26mg
Vitamin A (i.u.): 841IU
Vitamin A (r.e.): 165 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 1 1/2
Lean Meat: 3 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 438 **Calories from Fat:** 210

% Daily Values*

Total Fat	23g	36%
Saturated Fat	5g	26%
Cholesterol	77mg	26%
Sodium	213mg	9%
Total Carbohydrates	26g	9%
Dietary Fiber	2g	8%
Protein	30g	
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Vitamin A		17%
Vitamin C		44%
Calcium		3%
Iron		13%

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