

Chicken Tarragon

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

2 (2-1/2 pound ea) broiler-fryers, cut up
1/2 cup flour
1 tablespoon salt
1/2 teaspoon pepper
1/2 cup butter or margarine
1 medium onion, minced
1 tablespoon fresh tarragon, chopped
1 cup white wine

Preheat the oven to 350 degrees.

In a paper bag, dredge the chicken by shaking in a mixture of flour, salt and pepper.

In a heavy skillet, heat the butter. Cook the onion for 3 to 4 minutes until it is soft but not brown. Skim out the onion and place in a large casserole.

In the same skillet, brown the chicken well. Arrange the chicken in the casserole.

Sprinkle the tarragon evenly on the chicken. Pour in the wine. Cover.

Bake for 45 minutes or until the chicken is tender.

(If you prefer a thickened sauce, drain the liquid from the casserole into a small saucepan. Thicken it to your taste with a flour and water paste. Season to taste. Stir in a little sour cream, if preferred. Pour the liquid back over the chicken.)

Per Serving (excluding unknown items): 208 Calories; 15g Fat (75.2% calories from fat); 2g Protein; 10g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 1225mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 3 Fat.

Chicken

Calories (kcal): 208
% Calories from Fat: 75.2%
% Calories from Carbohydrates: 21.6%
% Calories from Protein: 3.3%
Total Fat (g): 15g
Saturated Fat (g): 10g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 41mg
Carbohydrate (g): 10g
Dietary Fiber (g): 1g
Protein (g): 2g
Sodium (mg): 1225mg
Potassium (mg): 81mg
Calcium (mg): 22mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 581IU
Vitamin A (r.e.): 143 1/2RE

Vitamin B6 (mg): trace
Vitamin B12 (mcg): trace
Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): .1mg
Folacin (mcg): 7mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 27
% Refused: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 208 **Calories from Fat:** 156

% Daily Values*

Total Fat	15g	24%
Saturated Fat	10g	48%
Cholesterol	41mg	14%
Sodium	1225mg	51%
Total Carbohydrates	10g	3%
Dietary Fiber	1g	3%
Protein	2g	
Vitamin A		12%
Vitamin C		2%
Calcium		2%
Iron		4%

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