

Cranberry Chicken

Viva Brenner - Dallas, TX

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Servings: 4

1 3-to-4 pound broiler/ fryer chicken, cut up

1 can (14 ounce) whole-berry cranberry sauce

1 cup French salad dressing

1 envelope onion soup mix

hot cooked couscous or rice

In a large bowl, whisk the cranberry sauce, dressing and soup mix until blended. Pour half of the marinade into a large resealable plastic bag. Cover and refrigerate the remaining marinade until ready to cook. Add the chicken to the marinade in the plastic bag. Seal the bag and turn to coat. Refrigerate four hours or overnight.

Preheat the oven to 350 degrees.

Drain the chicken, discarding the marinade in the bag. Place the chicken, skin side up, in a 15x10x1-inch baking pan.

Bake for 40 minutes. Turn the chicken. Drizzle with the reserved marinade.

Cook 20 to 30 minutes longer or until the juices run clear.

Serve with couscous or rice.

Per Serving (excluding unknown items): 297 Calories; 26g Fat (77.0% calories from fat); 2g Protein; 16g Carbohydrate; 1g Dietary Fiber; 9mg Cholesterol; 1730mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Fruit; 5 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	297	Vitamin B6 (mg):	trace
% Calories from Fat:	77.0%	Vitamin B12 (mcg):	.1mcg

% Calories from Carbohydrates:	21.1%
% Calories from Protein:	2.0%
Total Fat (g):	26g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	14g
Cholesterol (mg):	9mg
Carbohydrate (g):	16g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	1730mg
Potassium (mg):	114mg
Calcium (mg):	21mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	44IU
Vitamin A (r.e.):	12 1/2RE

Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refined:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	1
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 297 **Calories from Fat:** 229

% Daily Values*

Total Fat 26g	40%
Saturated Fat 6g	30%
Cholesterol 9mg	3%
Sodium 1730mg	72%
Total Carbohydrates 16g	5%
Dietary Fiber 1g	4%
Protein 2g	
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Vitamin A	1%
Vitamin C	0%
Calcium	2%
Iron	2%

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