

Hawaiian Chicken II

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 5

3 to 3-1/2 pound broiler-fryer, cut up
1/4 cup flour
1 teaspoon paprika
1 teaspoon salt
1/8 teaspoon pepper
1/4 cup butter or margarine
1 tablespoon grated orange rind
1/2 cup orange juice
1 can (9 ounce) crushed pineapple, undrained
1 large orange, sliced

Preheat the oven to 350 degrees.

In a paper bag, shake the chicken with a mixture of flour, paprika, salt and pepper. In a skillet, saute' the chicken in hot butter until golden on all sides. Arrange in a large casserole.

Sprinkle the chicken pieces with the grated orange rind. Pour in the orange juice.

Spread the crushed pineapple (undrained) on the chicken. Cover.

Bake for 45 minutes to one hour or until the chicken is very tender.

Five minutes before serving, poke the orange slices (cut in two) into all of the crevices.

Continue to bake, uncovered, for 5 minutes.

Per Serving (excluding unknown items): 160 Calories; 9g Fat (51.1% calories from fat); 1g Protein; 19g Carbohydrate; 1g Dietary Fiber; 25mg Cholesterol; 521mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fruit; 2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	160	Vitamin B6 (mg):	.1mg
% Calories from Fat:	51.1%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	45.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.5%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 9g
Saturated Fat (g): 6g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 25mg
Carbohydrate (g): 19g
Dietary Fiber (g): 1g
Protein (g): 1g
Sodium (mg): 521mg
Potassium (mg): 182mg
Calcium (mg): 30mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 33mg
Vitamin A (i.u.): 753IU
Vitamin A (r.e.): 134RE

Folacin (mcg): 27mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories 160 Calories from Fat: 82

% Daily Values*

Total Fat	9g	15%
	Saturated Fat 6g	29%
Cholesterol	25mg	8%
Sodium	521mg	22%
Total Carbohydrates	19g	6%
	Dietary Fiber 1g	5%
Protein	1g	
<hr/>		
Vitamin A		15%
Vitamin C		55%
Calcium		3%
Iron		4%

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