

Herbed Chicken Breasts

Mrs. C. B. Berry - Columbia, MS
River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 4

6 chicken breast halves
salt (to taste)
pepper (to taste)
1/4 cup butter
1 can (10-3/4 ounce) cream of
chicken soup
3/4 cup sauterne wine
1 can (5 ounce) water chestnuts,
drained and sliced
1 can (3 ounce) sliced mushrooms,
drained
2 tablespoons bell pepper, minced
1/4 teaspoon thyme

Preheat the oven to 350 degrees.

Lightly salt and pepper the chicken. Using a heavy skillet, brown slowly in butter.

Remove the breasts and arrange, skin side up, in a baking dish. Add the soup to the skillet drippings and slowly stir in the sauterne. When smooth, add the water chestnuts, mushrooms, bell pepper and thyme. Heat to boiling. Pour the sauce over the chicken. Cover.

Bake for one hour.

Serve with fluffy white rice.

Per Serving (excluding unknown items): 541 Calories; 34g Fat (59.9% calories from fat); 47g Protein; 4g Carbohydrate; trace Dietary Fiber; 173mg Cholesterol; 504mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 0 Vegetable; 2 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	541	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	59.9%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	3.0%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	37.1%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	34g	Folacin (mcg):	15mcg
Saturated Fat (g):	13g	Niacin (mg):	23mg
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	30
Cholesterol (mg):	173mg	% Refuse:	n n%

Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	47g
Sodium (mg):	504mg
Potassium (mg):	613mg
Calcium (mg):	43mg
Iron (mg):	2mg
Zinc (mg):	2mg
Vitamin C (mg):	7mg
Vitamin A (i.u.):	787IU
Vitamin A (r.e.):	177RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 541	Calories from Fat: 324
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% Daily Values*

Total Fat 34g	52%
Saturated Fat 13g	67%
Cholesterol 173mg	58%
Sodium 504mg	21%
Total Carbohydrates 4g	1%
Dietary Fiber trace	2%
Protein 47g	
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Vitamin A	16%
Vitamin C	12%
Calcium	4%
Iron	13%

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