

# Swiss-Chicken Bake

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

## Servings: 8

1/2 cup onion, chopped  
2 tablespoons butter or margarine  
2 tablespoons dry sherry  
2 cups chicken or turkey, cubed  
3 tablespoons all-purpose flour  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 can (3 ounce) sliced mushrooms  
1 cup milk  
1 cup cubed ham  
1 can (5 ounce) water chestnuts,  
drained and sliced  
1/2 cup Swiss cheese, shredded  
1 1/2 cups soft bread crumbs  
3 tablespoons butter, melted

Preheat the oven to 400 degrees.

In a skillet, cook the onions in two tablespoons of butter or margarine until the onion is tender but not brown. Blend in the flour, salt and pepper.

Add the undrained mushrooms, milk and sherry. Cook and stir until thickened.

Add the turkey or chicken, ham and water chestnuts. Pour the mixture into a 1-1/2-quart casserole dish. Top with the cheese. In a bowl, mix the crumbs and melted butter. Sprinkle around the edge of the casserole.

Bake for 25 minutes until lightly browned.

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Per Serving (excluding unknown items): 153 Calories; 11g Fat (63.1% calories from fat); 4g Protein; 9g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 286mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	153	Vitamin B6 (mg):	trace
% Calories from Fat:	63.1%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	25.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	11.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	11g	Folacin (mcg):	13mcg
Saturated Fat (g):	6g	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	4

<b>Cholesterol (mg):</b>	30mg
<b>Carbohydrate (g):</b>	9g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	4g
<b>Sodium (mg):</b>	286mg
<b>Potassium (mg):</b>	120mg
<b>Calcium (mg):</b>	120mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	1mg
<b>Vitamin A (i.u.):</b>	369IU
<b>Vitamin A (r.e.):</b>	96 1/2RE

**% Daily Values** 0 0%

### Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 153 Calories from Fat: 96

### % Daily Values\*

<b>Total Fat</b> 11g	16%
Saturated Fat 6g	32%
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 286mg	12%
<b>Total Carbohydrates</b> 9g	3%
Dietary Fiber 1g	2%
<b>Protein</b> 4g	
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<b>Vitamin A</b>	7%
<b>Vitamin C</b>	2%
<b>Calcium</b>	12%
<b>Iron</b>	3%

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