

Poppy Seed Chicken

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

*6 chicken breasts
1 can cream of mushroom soup
1 can cream of chicken soup
8 ounces sour cream
1 package Ritz crackers, crushed
1 stick margarine, melted
2 tablespoons poppy seeds*

Preheat the oven to 350 degrees.

Cook the chicken and cut into pieces.

In a bowl, mix the chicken with the soups and sour cream.

Pour into a casserole dish.

In a bowl, mix the crackers and margarine.
Spread on top of the chicken mixture.

Add the poppy seeds on top.

Bake for 20 to 25 minutes.

Per Serving (excluding unknown items): 4631 Calories; 324g Fat (63.8% calories from fat); 380g Protein; 33g Carbohydrate; 2g Dietary Fiber; 1226mg Cholesterol; 4305mg Sodium. Exchanges: 1 1/2 Grain(Starch); 52 1/2 Lean Meat; 1/2 Non-Fat Milk; 32 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	4631
% Calories from Fat:	63.8%
% Calories from Carbohydrates:	2.9%
% Calories from Protein:	33.3%
Total Fat (g):	324g
Saturated Fat (g):	97g
Monounsaturated Fat (g):	130g
Polyunsaturated Fat (g):	74g
	1226mg

Vitamin B6 (mg):	9.3mg
Vitamin B12 (mcg):	6.8mcg
Thiamin B1 (mg):	1.4mg
Riboflavin B2 (mg):	2.0mg
Folacin (mcg):	102mcg
Niacin (mg):	174mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Cholesterol (mg):
 Carbohydrate (g): 33g
 Dietary Fiber (g): 2g
 Protein (g): 380g
 Sodium (mg): 4305mg
 Potassium (mg): 4514mg
 Calcium (mg): 825mg
 Iron (mg): 16mg
 Zinc (mg): 18mg
 Vitamin C (mg): 21mg
 Vitamin A (i.u.): 7832IU
 Vitamin A (r.e.): 1914RE

Food Exchanges

Grain (Starch): 1 1/2
 Lean Meat: 52 1/2
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 1/2
 Fat: 32
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 4631 Calories from Fat: 2954

% Daily Values*

Total Fat	324g	498%
Saturated Fat	97g	485%
Cholesterol	1226mg	409%
Sodium	4305mg	179%
Total Carbohydrates	33g	11%
Dietary Fiber	2g	10%
Protein	380g	
Vitamin A		157%
Vitamin C		35%
Calcium		82%
Iron		87%

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