

Breast of Chicken Saute' Hongroise

*The Colonial Inn - Concord, MA
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 6

*6 large chicken breast halves
butter or margarine
1/2 tablespoon shallots, chopped
1 tablespoon Hungarian paprika
1 1/2 cups light cream
2 ounces cooked lean ham, cut into strips
3 ounces dry white wine
SUPREME SAUCE
4 teaspoons butter, melted
4 teaspoons flour
1 cup chicken stock, boiling
salt (to taste)
freshly ground pepper (to taste)*

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Make the Supreme Sauce: In a saucepan, whip together the melted butter and flour. Cook slowly, stirring constantly, for 4 to 5 minutes. Do not boil. Slowly add the boiling chicken stock, whisking constantly. Season with salt and pepper. (Makes one cup.)

In a skillet, saute' the chicken breasts in the butter until they are brown and tender. Place the breasts on a platter and keep warm.

In the same pan, saute' the shallots and add the wine. Add the paprika, Supreme sauce and cream. Cook for a few minutes. Sprinkle the ham strips over the breasts. Strain the sauce through a fine sieve and pour over the breasts.

Per Serving (excluding unknown items): 409 Calories; 28g Fat (63.2% calories from fat); 32g Protein; 4g Carbohydrate; trace Dietary Fiber; 139mg Cholesterol; 500mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 3 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	409	Vitamin B6 (mg):	.8mg
% Calories from Fat:	63.2%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	4.0%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	32.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	28g	Folacin (mcg):	8mcg
Saturated Fat (g):	13g	Niacin (mg):	15mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
		Alcohol (kcal):	10

Polyunsaturated Fat (g):	3g
Cholesterol (mg):	139mg
Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	32g
Sodium (mg):	500mg
Potassium (mg):	423mg
Calcium (mg):	77mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	753IU
Vitamin A (r.e.):	178 1/2RE

% Daily Value 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	4 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 409 Calories from Fat: 259

% Daily Values*

Total Fat 28g	42%
Saturated Fat 13g	63%
Cholesterol 139mg	46%
Sodium 500mg	21%
Total Carbohydrates 4g	1%
Dietary Fiber trace	0%
Protein 32g	
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Vitamin A	15%
Vitamin C	3%
Calcium	8%
Iron	8%

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