

Almond Crusted Chicken

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-almond-crusted-chicken-recipe>

Ingredients:

- 1 1/2 pounds chicken breasts boneless skinless or 3 very large
- 1 1/4 cups almonds ground, almond meal works too*
- 1 tablespoon garlic powder
- 1 teaspoon oregano or basil, dried
- 3/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 eggs large
- cooking spray I use Misto

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 215 milligrams
4. Fat: 30 grams
5. Fiber: 6 grams
6. Protein: 49 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 680 milligrams
9. Sugar: 2 grams

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