

Fried Pollock

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pollock-recipe>

Ingredients:

- 1 1/2 pounds Swiss chard
- 1 onion
- 1/2 lemon
- 2 tablespoons canola oil
- 2 teaspoons curry powder
- 3/4 cup chicken broth
- 1/2 cup heavy cream
- 1 tablespoon golden raisins
- 1 tablespoon almond slivers
- salt
- pepper
- 4 pollock each about 50 grams
- 1 tablespoon cultured butter

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 55 milligrams
4. Fat: 25 grams
5. Fiber: 6 grams
6. Protein: 6 grams
7. SaturatedFat: 11 grams
8. Sodium: 610 milligrams
9. Sugar: 4 grams

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