

# Cashew-Crusted Chicken Breast

Yield: 2 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-and-chicken-breast-recipe>

## Ingredients:

- 1 ounce cashews
- 12 ounces Swiss chard
- salt
- 1 red chile pepper small
- 1 garlic clove
- 1 piece ginger root about 20 grams
- 1 egg
- 2 chicken breast halves each about 180 grams
- pepper
- 1 tablespoon vegetable oil
- 1 tablespoon soy sauce

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 235 milligrams
4. Fat: 22 grams
5. Fiber: 5 grams
6. Protein: 52 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1470 milligrams
9. Sugar: 3 grams

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