



Cashew-Crusted Chicken on Basil-Pineapple Rice

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cashew pieces unsalted
- 1 large egg white lightly beaten
- 0.3 cup basil fresh finely chopped
- 8 ounce pineapple in juice crushed drained canned
- 3.5 ounce precooked rice long-grain (such as Success)
- 0.5 teaspoon salt
- 2 tablespoons garlic-seasoned breadcrumbs

16 ounce chicken breast halves boneless skinless

Equipment

food processor

oven

baking pan

Directions

Preheat oven to 45

Place nuts and breadcrumbs in a food processor, and pulse 10 times or until the crumbs measure 2/3 cup.

Pour nut mixture into a shallow dish.

Brush chicken with egg white; dredge chicken in nut mixture.

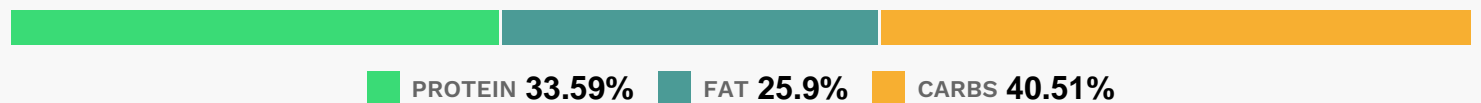
Spread the pineapple in an 11 x 7-inch baking dish coated with cooking spray. Arrange chicken over pineapple, and bake at 450 for 14 minutes or until chicken is done, turning after 7 minutes.

While the chicken is cooking, prepare the rice according to package directions.

Remove chicken from dish. Stir rice, basil, and salt into pineapple.

Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:39.1, Glycemic Load:13.04, Inflammation Score:-5, Nutrition Score:19.474782694941%

Nutrients (% of daily need)

Calories: 366.91kcal (18.35%), Fat: 10.53g (16.21%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 37.06g (12.35%), Net Carbohydrates: 35.19g (12.8%), Sugar: 9.42g (10.47%), Cholesterol: 72.62mg (24.21%), Sodium: 506.54mg (22.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.74g (61.48%), Selenium: 46.36µg (66.23%), Vitamin B3: 12.89mg (64.46%), Vitamin B6: 1.01mg (50.59%), Phosphorus: 377.46mg (37.75%), Manganese: 0.63mg (31.38%), Copper: 0.52mg (26.09%), Magnesium: 95.77mg (23.94%), Vitamin B5: 2.06mg (20.58%), Potassium:

655.79mg (18.74%), Vitamin B1: 0.26mg (17.67%), Vitamin K: 16.75µg (15.95%), Zinc: 2.01mg (13.38%), Vitamin B2: 0.21mg (12.08%), Iron: 2.17mg (12.07%), Vitamin C: 7.27mg (8.81%), Fiber: 1.87g (7.47%), Folate: 21.03µg (5.26%), Vitamin B12: 0.25µg (4.2%), Calcium: 41.05mg (4.11%), Vitamin A: 177.52IU (3.55%), Vitamin E: 0.43mg (2.85%)