

Baked Breaded Chicken

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/breaded-chicken-recipe-italian-bread-crumbs>

Ingredients:

- 6 chicken breast halves boneless and skinless
- salt
- pepper
- 1/4 cup olive oil
- 2 cloves garlic minced
- 1/2 teaspoon paprika
- 1/2 cup Italian bread crumbs
- 1/2 cup panko
- 2/3 cup Parmesan cheese fresh grated
- 1 teaspoon dried basil leaves
- 1 teaspoon dried oregano
- 1/2 teaspoon onion powder
- 1/4 teaspoon ground black pepper

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 205 milligrams
4. Fat: 28 grams
5. Fiber: 2 grams
6. Protein: 71 grams
7. SaturatedFat: 8 grams
8. Sodium: 1070 milligrams
9. Sugar: 1 grams

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