

# Chicken Parmesan Panini

Yield: 4 min  
Total Time: 45 min

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

## Ingredients:

- 2 boneless skinless chicken breasts
- kosher salt
- freshly ground pepper
- 1 cup vegetable oil plus more for brushing
- 4 sandwich rolls split
- 3/4 cup all purpose flour
- 2 eggs beaten
- 1 cup dry bread crumbs
- 3/4 cup parmigiano reggiano cheese finely grated
- 1 1/3 cups shredded mozzarella cheese
- 1/4 cup fresh basil thinly sliced
- 1 cup tomato sauce

## Nutrition:

1. Calories: 1120 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 185 milligrams
4. Fat: 77 grams
5. Fiber: 5 grams
6. Protein: 41 grams
7. SaturatedFat: 14 grams
8. Sodium: 1500 milligrams
9. Sugar: 10 grams
10. TransFat: 1.5 grams

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