

Syn Free KFC Chizza | Slimming World

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/dried-italian-herb-and-spice-blend-recipe>

Ingredients:

- 2 chicken breasts large, Butterflied
- 1 large egg Beaten
- 1 tablespoon spice mix see below
- 1 1/16 ounces wholemeal bread
- 1 tablespoon salt
- 1 1/2 tablespoons black pepper
- 1 1/2 tablespoons onion flakes Dried
- 1/2 tablespoon dried basil
- 1/2 tablespoon paprika
- 1/2 tablespoon dried oregano
- 1/2 tablespoon yellow mustard seeds
- 1 teaspoon dried thyme
- 1 teaspoon dried tarragon
- 2 7/8 tablespoons cheddar cheese Light
- 2 1/8 tablespoons chopped tomatoes Cirio Tinned
- 1 pinch salt
- 1 pinch Italian herbs

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 130 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 28 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 2110 milligrams

9. Sugar: 2 grams

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