

Chicken Parm

Yield: 4 min

Total Time: 105 min

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

Ingredients:

- chicken breasts cut into strips, one breast yields 3-4 strips
- Italian seasoned breadcrumbs
- cheese Locatelli, Pecorino Romano, grated
- eggs
- heavy cream or Buttermilk
- extra-virgin olive oil
- vegetable oil optional
- tomato sauce recipe follows
- mozzarella cheese fresh, cut into thin pieces
- basil fresh or dried
- 56 ounces peeled tomatoes DOP Certified San Marzano, I like Cento brand
- extra-virgin olive oil
- onion small, diced fine
- 3 cloves garlic minced
- 1/2 cup red wine good, make sure its a good wine you plan on drinking
- kosher salt
- cheese Locatelli, Pecorino Romano
- fresh basil

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 130 milligrams
4. Fat: 29 grams
5. Fiber: 5 grams
6. Protein: 25 grams
7. SaturatedFat: 9 grams
8. Sodium: 460 milligrams

9. Sugar: 15 grams

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