

# Garlic Butter Pan Fried Chicken Breasts

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-pan-fried-chicken-recipe>

## Ingredients:

- 4 chicken breasts boneless, skinless
- salt
- fresh ground pepper
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon sweet paprika
- 1/4 teaspoon onion powder
- 1 tablespoon olive oil
- 5 tablespoons butter divided
- 4 cloves garlic minced
- 2 teaspoons chopped fresh parsley
- 1 teaspoon chopped fresh thyme
- 1 teaspoon fresh rosemary chopped
- 1/3 cup dry white wine OR low sodium chicken broth

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 185 milligrams
4. Fat: 25 grams
5. Fiber: 1 grams
6. Protein: 48 grams
7. SaturatedFat: 12 grams
8. Sodium: 560 milligrams

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