

Breaded Chicken Parmesan with Tomato Sauce

Yield: 5 min
Total Time: 70 min

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

Ingredients:

- 1/3 cup extra virgin olive oil good quality
- 2 garlic cloves medium, minced, 1 tablespoon
- 1/4 teaspoon crushed red pepper flakes
- 48 ounces plum tomatoes Imported San Marzano or Muir Glen organic are best
- 1/2 teaspoon kosher salt
- 10 basil leaves slivered plus extra for garnishing
- 4 whole boneless skinless chicken breast halves about 2 pounds
- kosher salt to taste
- 1/2 cup flour
- 2 large eggs
- 2 cups plain bread crumbs or Panko
- oil for sautéing
- 1/2 cup freshly grated Parmesan cheese plus extra for sprinkling on top
- 8 ounces mozzarella cheese thinly sliced, or grated mozzarella

Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 230 milligrams
4. Fat: 40 grams
5. Fiber: 4 grams
6. Protein: 57 grams
7. SaturatedFat: 13 grams
8. Sodium: 1360 milligrams
9. Sugar: 11 grams

Thank you for visiting our website. Hope you enjoy Breaded Chicken Parmesan with Tomato Sauce above. You can see more 18 italian breaded chicken parmesan recipe Get ready to indulge! to get more great cooking ideas.