

Herbed Panko Chicken

Yield: 5 min
Total Time: 30 min

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

Ingredients:

- 3 boneless skinless chicken breasts large, about 1 1/2 pounds
- 1 cup mayonnaise
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon worcestershire sauce
- 1 cup panko crumbs
- 1/2 cup freshly grated Parmesan
- 1 tablespoon parsley freshly minced
- olive oil for cooking
- ground black pepper
- kosher salt

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 95 milligrams
4. Fat: 26 grams
5. Protein: 30 grams
6. SaturatedFat: 6 grams
7. Sodium: 790 milligrams
8. Sugar: 3 grams

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