

Authentic Italian Chicken Parmesan (Parmigiana)

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/the-recipe-critic-creamy-tomato-italian-parmesan-chicken>

Ingredients:

- 3 chicken breasts or cutlets, sliced in half into 6 cuts, see notes for difference
- 1/2 cup all purpose flour use gf flour blend if needed
- 3 eggs whisked
- 1/3 cup olive oil
- 1 1/2 cups bread crumbs see notes to make homemade bread crumbs
- 1/2 cup Parmesan cheese shredded
- 1/2 teaspoon salt each, & pepper
- 2 teaspoons herb Italian, blend, thyme, oregano, basil, rosemary
- 1 teaspoon garlic powder
- 6 slices mozzarella
- 1 1/2 cups tomato /marinara sauce
- 1/3 cup Parmesan cheese shredded
- 2 tablespoons fresh basil chopped

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 210 milligrams
4. Fat: 29 grams
5. Fiber: 1 grams
6. Protein: 42 grams
7. SaturatedFat: 10 grams
8. Sodium: 950 milligrams
9. Sugar: 3 grams

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