

# Italian Style Breaded Chicken Cutlets

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 1/3 cups Italian style breadcrumbs
- 1/3 cup Parmigiano Reggiano grated, or your favorite grated cheese
- 1 clove garlic grated
- 1 1/2 tablespoons chopped parsley
- 2 eggs beaten plus 1 tbsp water
- 2 pounds chicken cutlets
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- olive oil for frying

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 255 milligrams
4. Fat: 19 grams
5. Fiber: 2 grams
6. Protein: 60 grams
7. SaturatedFat: 5 grams
8. Sodium: 1280 milligrams
9. Sugar: 3 grams

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