

Baked Chicken Parmesan

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-chicken-recipes>

Ingredients:

- 1 pound boneless skinless chicken breast cutlets 1 lb. is about 4 cutlets
- 1 teaspoon salt for chicken
- 1/4 teaspoon black pepper
- 1/3 cup all-purpose flour
- 1 large egg
- 1/2 cup panko breadcrumbs
- 1/2 cup grated Parmesan cheese
- 1/4 teaspoon salt for breading
- nonstick cooking spray
- 1/2 cup prepared marinara sauce
- 1/2 cup shredded mozzarella cheese
- fresh basil leaves optional, for serving

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 150 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 37 grams
7. SaturatedFat: 6 grams
8. Sodium: 510 milligrams
9. Sugar: 2 grams

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