

# Chicken Milanese

Yield: 8 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/ciao-italy-veal-milanese-recipe>

## Ingredients:

- 6 chicken breasts sliced in half lengthwise
- 2 cups bread crumbs
- 1 cup corn meal
- 6 eggs
- 2 cups flour
- 1 tablespoon cayenne
- 2 teaspoons salt
- 2 teaspoons pepper
- 1 cup canola oil

## Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 270 milligrams
4. Fat: 38 grams
5. Fiber: 3 grams
6. Protein: 48 grams
7. SaturatedFat: 5 grams
8. Sodium: 1030 milligrams
9. Sugar: 2 grams

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