

Chicken Parmesan

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 4 boneless chicken breasts pounded to 1/2 inch thickness
- salt
- pepper
- 2 eggs beaten
- 2 cups panko bread crumbs
- 1/2 cup Parmesan cheese
- 1/2 cup vegetable oil more as needed
- 1/2 jar pasta sauce
- 1 cup shredded mozzarella cheese
- 2 tablespoons fresh parsley chopped

Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 285 milligrams
4. Fat: 49 grams
5. Fiber: 3 grams
6. Protein: 65 grams
7. SaturatedFat: 11 grams
8. Sodium: 1260 milligrams
9. Sugar: 10 grams
10. TransFat: 1 grams

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