

# Sheet Pan Crispy Parmesan Garlic Chicken

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/sheet-pan-chicken-and-potato-recipes>

## Ingredients:

- 4 chicken breasts
- salt
- pepper
- 2 eggs
- 1/4 cup milk
- 2 cups panko
- 2 cups Parmesan cheese shredded
- 1 tablespoon italian seasoning
- 1 teaspoon garlic powder
- 1 pound baby potatoes I used both red and gold potatoes, quartered
- 1 bunch asparagus cut into 3rds
- salt
- pepper
- 2 tablespoons olive oil

## Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 255 milligrams
4. Fat: 26 grams
5. Fiber: 5 grams
6. Protein: 66 grams
7. SaturatedFat: 11 grams
8. Sodium: 1340 milligrams
9. Sugar: 4 grams

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