

Healthy Baked Southern Fried Chicken

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-baked-chicken-breast-recipe>

Ingredients:

- 1 1/3 pounds chicken breast mini fillets
- 3 eggs whisked
- 1 3/8 cups panko breadcrumbs
- 2 teaspoons seasoning southern fried, I use the Morrisons one
- salt if using

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 255 milligrams
4. Fat: 9 grams
5. Protein: 40 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 470 milligrams
8. Sugar: 3 grams

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