

# Chicken Parmigiana

Yield: 6 min  
Total Time: 65 min

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

## Ingredients:

- 4 whole boneless, skinless chicken breasts up To 6, Trimmed And Pounded Flat
- 1/2 cup all purpose flour
- salt
- pepper
- 1/2 cup olive oil
- 2 tablespoons butter
- 1 whole medium onion Chopped
- 4 cloves garlic Minced
- 3/4 cup wine white Or Red Is Fine
- 14 1/2 ounces crushed tomatoes
- 2 tablespoons sugar
- 1/4 cube chopped fresh parsley
- 1 cup freshly grated Parmesan cheese
- 1 pound thin linguine

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 110 milligrams
4. Fat: 31 grams
5. Fiber: 2 grams
6. Protein: 37 grams
7. SaturatedFat: 9 grams
8. Sodium: 660 milligrams
9. Sugar: 5 grams

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