

# Crispy Oven "Fried" Chicken Breast

Yield: 6 min  
Total Time: 50 min

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

## Ingredients:

- 4 bone-in chicken breasts skin removed
- 3 cups panko bread crumbs
- 1 1/2 teaspoons kosher salt
- 1 teaspoon smoked paprika
- 1/2 teaspoon cayenne
- 1 teaspoon garlic powder
- 1/2 cup mayo
- 1 tablespoon hot sauce
- 2 Sriracha optional

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 125 milligrams
4. Fat: 12 grams
5. Protein: 41 grams
6. SaturatedFat: 3 grams
7. Sodium: 1040 milligrams
8. Sugar: 2 grams

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