

# Parmesan Crusted Chicken

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-chicken-cutlet-recipe>

## Ingredients:

- 1/2 cup mayonnaise Hellmann's or Best Food's Real
- 1/4 cup shredded Parmesan cheese
- 4 chicken breast cutlets boneless skinless, about 1 1/4 lbs. total weight or about 5 ounces per breast
- 4 teaspoons Italian-seasoned dry bread crumbs

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 85 milligrams
4. Fat: 15 grams
5. Protein: 27 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 480 milligrams
8. Sugar: 2 grams

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