

# Chicken Schnitzel

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/jewish-schnitzel-recipe>

## Ingredients:

- 2 pounds boneless skinless chicken breasts 4 large breasts
- 1 cup flour for dredging
- 2 eggs
- 1 cup breadcrumbs matzo meal, or panko
- 2 tablespoons paprika
- 1 tablespoon sesame seeds optional
- salt
- pepper
- oil for frying, pick one with a high smoke point like grapeseed
- lemon wedges Fresh, for garnish, optional

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 250 milligrams
4. Fat: 17 grams
5. Fiber: 5 grams
6. Protein: 58 grams
7. SaturatedFat: 4 grams
8. Sodium: 680 milligrams
9. Sugar: 2 grams

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