

Crispy Parmesan Crusted Chicken



Servings: 4

Ingredients

1 lb boneless chicken breast, cut into fillets

½ cup parmesan cheese

1 egg

2 tablespoons olive oil or vegetable oil

1 minced garlic clove

Salt and pepper

Directions:

1. Cut the chicken breast into fillets or strips
2. Mince the garlic
3. Pour the parmesan cheese into a bowl
4. Whisk the egg in a separate bowl, add the garlic, salt and pepper and mix
5. Dip the chicken in the egg, then dredge in the parmesan cheese to coat
6. Heat a skillet with the oil until hot over high heat
7. Place chicken in the pan, cook for 3-5 minutes until edges start to turn white
8. Flip and cook until internal temperature is 165 degrees, about 4-6 minutes. Turn down heat as needed so as not to burn the coating

Empower Parmesan Crusted Chicken		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	262.9	% Daily Value*
Total Fat	14.6 g	19 %
Saturated Fat	3.8 g	19 %
Trans Fat	0.1 g	
Cholesterol	137.4 mg	46 %
Sodium	438.4 mg	19 %
Total Carbohydrate	2.2 g	1 %
Dietary Fiber	0.1 g	0 %
Total Sugars	0.2 g	
Added Sugars	0 g	0 %
Protein	30.2 g	
Vitamin D	0.4 mcg	2 %
Calcium	120.7 mg	9 %
Iron	0.6 mg	4 %
Potassium	417.3 mg	9 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at chronometer.com		</>