

DINNER

Oven-Fried Chicken Cutlets

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.99	429 kcal

Oven-Fried Chicken Cutlets is a Southern main course. One serving contains 429 calories, 35g of protein, and 26g of fat. This recipe serves 4 and costs \$1.99 per serving. 1 person has tried and liked this recipe. It is brought to you by My Recipes.

Ingredients

- ☐ 1/3 cup butter or margarine, melted
- ☐ 1 cup round buttery cracker crumbs (about 44 crackers)
- ☐ 1/4 teaspoon garlic powder
- ☐ 4 servings Garnish: chopped fresh parsley
- ☐ 1/4 teaspoon salt
- ☐ 1 1/4 pounds chicken breast cutlets (about 4)
- ☐ 1 tablespoon Dijon mustard
- ☐ 1/2 cup grated Parmesan cheese
- ☐ 1/4 teaspoon pepper

EQUIPMENT Bowl, Baking sheet, Oven, Aluminum foil

Method

- 1

Stir together first 5 ingredients in a medium bowl.
- 2

Combine cracker crumbs and cheese in a shallow bowl.
- 3

Dip chicken in butter mixture; dredge in cracker crumb mixture.
- 4

Place on a foil-lined baking sheet.
- 5

Bake at 400 for 25 to 30 minutes or until chicken is brown and done.

6 Garnish, if desired.

Nutrition per serving

429

KCAL

35 g

PROTEIN

26 g

FAT

12 g

CARBS

Saturated Fat	6.7 g · 42% of daily needs
Fibre	0.7 g · 3% of daily needs
Sugar	1.3 g · 1% of daily needs
Sodium	883 mg · 38% of daily needs
Cholesterol	102 mg · 34% of daily needs
Vitamin C	7.1 mg · 9% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/oven-fried-chicken-cutlets-148237