



Parmesan Chicken Sticks

READY IN



30 min.

SERVINGS



14

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 extra large eggs
- ☐ 1 cup flour
- ☐ 1 sticks bamboo skewers 6 to 10 inches long
- ☐ 1 teaspoon kosher salt
- ☐ 14 servings olive oil good
- ☐ 0.5 cup parmesan grated
- ☐ 1 cup seasoned bread crumbs
- ☐ 1.5 pounds chicken breasts boneless skinless 3 to 4

☐ 14 servings butter unsalted

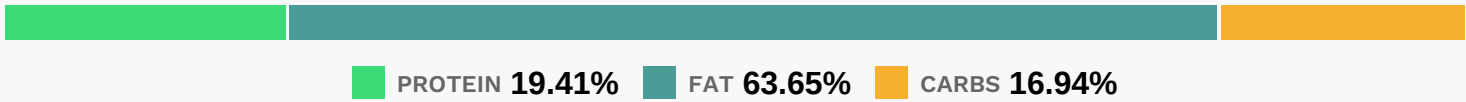
Equipment

- ☐ frying pan
- ☐ oven
- ☐ skewers
- ☐ cutting board

Directions

- ☐ Lay the chicken breasts on a cutting board and slice each diagonally into 4 or 5 large strips.
- ☐ Combine the flour, salt, and pepper on a dinner plate. Beat the eggs with 1 tablespoon of water on a second plate.
- ☐ Combine the breadcrumbs and Parmesan on a third plate. Dredge the chicken breasts on both sides in the flour mixture, then dip both sides into the egg mixture and roll in the breadcrumb mixture, pressing lightly to coat.
- ☐ Heat 1 tablespoon of butter and 1 tablespoon of olive oil in a large saute pan and cook the chicken strips on medium-low heat for about 3 minutes on each side, until just cooked through. Don't crowd the pan.
- ☐ Add more butter and oil and cook the rest of the chicken breasts.
- ☐ Serve each strip on a skewer or stick.
- ☐ You can keep the chicken breasts warm for about 15 minutes on a sheet pan in a preheated 200 degree F oven.

Nutrition Facts



Properties

Glycemic Index:11.86, Glycemic Load:4.97, Inflammation Score:-3, Nutrition Score:9.8304346851681%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 305.97kcal (15.3%), Fat: 21.56g (33.17%), Saturated Fat: 5.75g (35.92%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 12.23g (4.45%), Sugar: 0.58g (0.64%), Cholesterol: 74.13mg (24.71%), Sodium: 406.6mg (17.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.79g (29.57%), Selenium: 24.01µg (34.3%), Vitamin B3: 6.14mg (30.71%), Vitamin B6: 0.4mg (19.99%), Phosphorus: 168.83mg (16.88%), Vitamin E: 2.35mg (15.63%), Vitamin B1: 0.19mg (12.57%), Vitamin K: 13.05µg (12.43%), Vitamin B2: 0.18mg (10.5%), Vitamin B5: 0.93mg (9.3%), Manganese: 0.17mg (8.27%), Folate: 32.66µg (8.16%), Iron: 1.27mg (7.07%), Calcium: 67.9mg (6.79%), Potassium: 225.88mg (6.45%), Magnesium: 21.3mg (5.33%), Vitamin A: 227.57IU (4.55%), Zinc: 0.67mg (4.5%), Vitamin B12: 0.25µg (4.16%), Copper: 0.06mg (2.79%), Fiber: 0.68g (2.72%), Vitamin D: 0.3µg (2.01%)