



## Parmesan Crusted Chicken Strips

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 eggs
- 1.5 cups parmesan cheese grated
- 1 pound chicken breast halves boneless skinless cut into strips
- 0.3 cup vegetable oil
- 1 tablespoon water

### Equipment

- bowl
- frying pan

## Directions

- Place Parmesan cheese into a shallow bowl.
- Beat eggs and water together in a bowl.
- Dip chicken strips into the egg mixture.
- Press chicken into Parmesan cheese. Gently toss between your hands so any cheese crumbs that haven't stuck can fall away.
- Place the coated chicken onto a plate while coating the rest; do not stack.
- Heat vegetable oil in a large skillet over medium heat. Pan-fry chicken strips in batches until no longer pink in the center and crust is golden brown, about 4 minutes on each side.

## Nutrition Facts

 **PROTEIN 35.02%**  **FAT 60.54%**  **CARBS 4.44%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:19.402173721272%

## Nutrients (% of daily need)

Calories: 439.05kcal (21.95%), Fat: 29.15g (44.85%), Saturated Fat: 9.22g (57.64%), Carbohydrates: 4.81g (1.6%), Net Carbohydrates: 4.81g (1.75%), Sugar: 0.11g (0.12%), Cholesterol: 187.04mg (62.35%), Sodium: 819.22mg (35.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.95g (75.89%), Selenium: 56.17µg (80.24%), Vitamin B3: 11.87mg (59.37%), Phosphorus: 519.45mg (51.94%), Vitamin B6: 0.92mg (45.86%), Calcium: 349.6mg (34.96%), Vitamin K: 25.99µg (24.75%), Vitamin B5: 2.08mg (20.75%), Vitamin B2: 0.34mg (20.19%), Zinc: 2.57mg (17.1%), Vitamin B12: 0.93µg (15.48%), Potassium: 518.93mg (14.83%), Vitamin E: 1.75mg (11.68%), Magnesium: 45.29mg (11.32%), Vitamin A: 477.19IU (9.54%), Vitamin B1: 0.09mg (6.1%), Iron: 0.98mg (5.42%), Vitamin D: 0.74µg (4.94%), Folate: 17.13µg (4.28%), Copper: 0.06mg (3.1%), Manganese: 0.05mg (2.75%), Vitamin C: 1.36mg (1.65%)