



Parmesan-Panko Chicken Tenders

READY IN



31 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cooking oil divided
- ☐ 1.5 pounds chicken breast (12 tenders)
- ☐ 2 large eggs lightly beaten
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 cup parmesan fresh grated

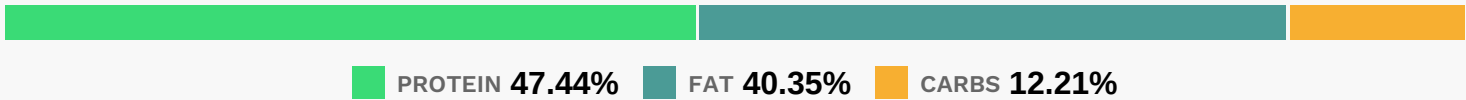
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sprinkle chicken with salt, pepper, and garlic powder.
- ☐ Place eggs in a shallow bowl.
- ☐ Combine panko and cheese in another shallow bowl. Dip chicken in egg; dredge in breadcrumb mixture.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 tablespoon oil; swirl to coat.
- ☐ Add half of chicken; cook 3 to 4 minutes on each side or until browned and done.
- ☐ Remove from pan. Repeat procedure with remaining oil and chicken.
- ☐ Sprinkle with parsley, and serve with lemon quarters, if desired.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.09, Inflammation Score:0, Nutrition Score:22.481304261995%

Nutrients (% of daily need)

Calories: 384.08kcal (19.2%), Fat: 16.74g (25.75%), Saturated Fat: 3.81g (23.83%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 10.68g (3.88%), Sugar: 1.09g (1.21%), Cholesterol: 207.53mg (69.18%), Sodium: 766.88mg (33.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.27g (88.54%), Selenium: 67.79µg (96.84%), Vitamin B3: 18.78mg (93.9%), Vitamin B6: 1.34mg (67.21%), Phosphorus: 489.87mg (48.99%), Vitamin B5: 2.93mg (29.3%), Vitamin B2: 0.37mg (21.93%), Potassium: 703.77mg (20.11%), Vitamin B1: 0.27mg (17.85%), Calcium: 149.43mg (14.94%), Magnesium: 57.64mg (14.41%), Vitamin E: 1.84mg (12.29%), Vitamin B12: 0.72µg (11.92%), Zinc: 1.76mg (11.74%), Iron: 1.88mg (10.44%), Manganese: 0.19mg (9.48%), Folate: 35.25µg (8.81%), Vitamin K: 6.74µg (6.42%), Copper: 0.11mg (5.36%), Vitamin A: 251.8IU (5.04%), Vitamin D: 0.71µg (4.75%), Fiber: 0.72g (2.86%), Vitamin C: 2.04mg (2.48%)