

# Chicken Parmesan

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August 29, 2021



Servings: 6

## Ingredients:

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### Chicken:

- 2 large eggs
- 1 teaspoon garlic powder
- 2 tablespoons fresh chopped parsley
- Salt and pepper
- 3 large chicken breasts halved

### Breading:

- ½ cup Lupin flour
- ½ cup whey unflavored protein powder
- ⅓ cup fresh grated parmesan cheese
- 1 teaspoon garlic
- 1 teaspoon onion powder

- Oil for frying

Sauce:

- 1 tablespoon avocado oil
- 1 large onion chopped
- 2 teaspoons minced garlic
- 6 ounces tomato paste
- 6 ounces water
- Salt and pepper to taste
- 1 teaspoon dried Italian herbs
- 1 tablespoon sweetener

Topping:

- 6 mozzarella cheese slices
- 1/3 cup fresh shredded parmesan cheese
- 2 tablespoons fresh chopped parsley

**Directions:**

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1. Preheat oven 430.
2. Lightly grease a baking dish.
3. Whisk together eggs, garlic, parsley, salt and pepper in a shallow dish. Add chicken into the egg, rotating to evenly coat each fillet in the mixture. Cover with plastic wrap and allow to marinate for at least 15 to 30 minutes.
4. Make sauce first.
5. Heat oil in a medium-sized pan
6. Fry onion until transparent, then add the garlic until fragrant.

7. Add the tomato puree, salt and pepper to taste, Italian herbs and sweetener.
8. Cover with lid to simmer for about 8 to 10 minutes, or until sauce has thickened slightly.
9. Prepare the bread ingredients .
10. Mix all ingredients in a bowl.
11. Set aside.
12. Heat your frying oil so it's ready.
13. Dip egg chicken into bread ingredients mixture and fry until golden on each side.
14. In a prepared cookie sheet, add the fried chicken in a baking dish topped with sauce, cheeses, and herbs.
15. Bake for 10 to 15 minutes until chick is fully cooked and cheese is melted. Convention 8-10

**Nutrition:**

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Nutrition per serving:

- 8g Net Carbs
  - 6g Fiber
  - 14g Total Carbs
  - 55g Protein
  - 16g Fat
  - 419 Calories
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