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Keto Chicken Parmesan

by [KAT BOYTSOVA](#) UPDATED: OCT 6, 2021**YIELDS:**

4 serving(s)

PREP TIME:

15 mins

TOTAL TIME:

55 mins

CAL/SERV:

421

Ingredients

4 boneless skinless chicken breasts
Kosher salt
Freshly ground black pepper
1 c. almond flour
3 large eggs, beaten
3 c. freshly grated Parmesan, plus more for serving
2 tsp. garlic powder
1 tsp. onion powder
2 tsp. dried oregano
Vegetable oil
3/4 c. [low-carb sugar-free tomato sauce](#)
1 1/2 c. shredded mozzarella
Fresh basil leaves, for topping

Directions

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Preheat oven to 400°. Using a sharp knife, cut chicken breasts in half crosswise. Season chicken on both sides with salt and pepper.

Step 2

Place eggs and almond flour in 2 separate shallow bowls. In a third shallow bowl, combine Parmesan, garlic powder, onion powder, and oregano. Season with salt and pepper.

Step 3

Working with one at a time, dip chicken cutlets into almond flour, then eggs, and then Parmesan mixture, pressing to coat.

Step 4

In a large skillet over medium heat, heat 2 tablespoons oil. Add chicken and cook until golden and cooked through, 2 to 3 minutes per side. Work in batches as necessary, adding more oil when needed.

Step 5

Transfer fried cutlets to a 9"-x-13" baking dish, evenly spread tomato sauce on each cutlet and top with mozzarella.

Step 6

Bake until cheese is melty, 10 to 12 minutes. If desired, broil until cheese is golden, 3 minutes.

Step 7

Top with basil and more Parmesan before serving.

Nutrition (per serving): 421 calories, 33 g protein, 10 g carbohydrates, 2 g