



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Romano Chicken ♦♦

Romano Chicken is a classic Italian dish that is made with breaded chicken cutlets topped with a tangy tomato sauce and melted cheese. It is a delicious and comforting meal that is perfect for a family dinner or a special occasion.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 25 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
100 g	breadcrumbs
50 g	parmesan cheese
2 pieces	Eggs
50 g	flour

1 tsp	salt
0.5 tsp	black pepper
2 tbsp	olive oil
2 cloves	garlic
400 g	tomato sauce
200 g	mozzarella cheese
10 g	basil leaves

Directions

Step 1

Preheating

Preheat the oven to 200°C.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a shallow dish, mix together the breadcrumbs, grated Parmesan cheese, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Beating

In another shallow dish, beat the eggs.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Coating

Coat the chicken breasts in flour, then dip them in the beaten eggs, and finally coat them in the breadcrumb mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Frying

Heat olive oil in a large skillet over medium heat. Add the breaded chicken breasts and cook until golden brown on both sides, about 3-4 minutes per side.

Prep Time: 5 mins

Cook Time: 8 mins

Step 6

Baking

Transfer the chicken breasts to a baking dish and top each breast with a spoonful of tomato sauce, a slice of mozzarella cheese, and a sprinkle of basil leaves.

Prep Time: 2 mins

Cook Time: 10 mins

Step 7

Oven

Bake in the preheated oven for 10-12 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 12 mins

Step 8

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 35 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	2 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	30 mg	3%	3%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

Italian Chinese French German American

Kitchen Tools

Slow Cooker

Course

Appetizers Main Dishes Side Dishes Salads Soups Sauces & Dressings

Cultural

Diwali Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30

Demographics

Kids Friendly Teen Friendly Diabetic Friendly

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

Visit our website: healthdor.com