

## Baked Chicken Schnitzel

4 large skinless boneless chicken breast  
1 cup all-purpose flour  
2 large each eggs slightly beaten  
1 Tbs lemon juice

1 cup plain bread crumbs  
1 cup Vegetable oil for frying  
1 large lemon slices for garnish  
Salt and black pepper to taste

- 1 Trim meat of any unwanted
- 2 Lay the chicken breast out on a countertop between two layers of plastic wrap.
- 3 Pound out until 1/4 inch thick. Season with salt and pepper.
- 4 Spread flour out into a shallow dish. In another shallow dish, whisk eggs together with lemon juice. In a third shallow dish, spread out bread crumbs.
- 5 Pour about 1/4 inch of vegetable oil into a large deep skillet. Bring oil to 350 degrees F.
- 6 Dredge chops into flour to coat, then immediately dip into eggs to coat, followed by bread crumbs to coat.
- 7 Place the chicken into the hot oil and fry 3 to 4 minutes.
- 8 Work in batches if needed based on size of pan.
- 9 Gently flip over and cook for an additional 3 to 4 minutes on the other side until the chicken reaches a minimum internal temperature of 145 F and is browned and crisp.
- 10 Serve hot with lemon slices.

Servings: 4  
Yield: 4

### Degree of Difficulty

Degree of Difficulty: Very easy

Oven Temperature: 350°F

### Cooking Times

Preparation Time: 10 minutes  
Cooking Time: 15 minutes  
Total Time: 25 minutes


### Nutrition Facts

Serving size: 1/4 of a recipe (12.1 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.



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Amount Per Serving	
<b>Calories</b>	983.19
Calories From Fat (57%)	564.83
% Daily Value	
<b>Total Fat</b> 63.77g	<b>98%</b>
Saturated Fat 8.11g	<b>41%</b>
<b>Cholesterol</b> 212mg	<b>71%</b>
<b>Sodium</b> 410.68mg	<b>17%</b>
<b>Potassium</b> 546.03mg	<b>16%</b>
<b>Total Carbohydrates</b> 47.93g	<b>16%</b>
Fiber 2.25g	<b>9%</b>
Sugar 3.48g	
<b>Protein</b> 53.63g	<b>107%</b>

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