

Italian Keto Chicken Parmesan



This Keto Chicken Parmesan keeps all the traditional flavors intact but skips the bread crumbs for a keto-friendly version. Juicy chicken breasts are topped with savory marinara sauce and melted mozzarella, served over a bed of keto-friendly pasta or zucchini noodles for a satisfying Italian lunch.

Ingredients for 2 serving (US/Metric)

- 368g / 13oz **Chicken breast**
- 55g / 1.9oz **Almond flour**
- 2 *tbsp* **Parmesan cheese**
- **Eggs**
- 57g / 2oz **Mozzarella**
- **Marinara sauce**
- 2.5 *tbsp* **Olive oil**
- **Salt & pepper to taste**
- **Fresh Basil Leaves**

Nutrition (US/Metric)

- **Protein:** 39%
- **Fat:** 55%
- **Net carbs:** 6%

Instructions

- **Preheat Oven:** Preheat your oven to 375°F (190°C).
- **Prepare Coating:** Mix almond flour and grated Parmesan cheese in a shallow dish. Season with salt and pepper. Place beaten egg in another shallow dish.
- **Coat Chicken:** Dip each chicken breast in the beaten egg, then dredge in the almond flour mixture, ensuring it's fully coated.
- **Brown Chicken:** Heat olive oil in a skillet over medium heat. Add chicken and cook until golden on both sides, about 3-4 minutes per side.
- **Bake:** Place browned chicken in a baking dish. Top each breast with marinara sauce and shredded mozzarella. Bake in the preheated oven for 15 minutes, or until the chicken is cooked through and the cheese is bubbly and golden.
- **Garnish and Serve:** Garnish with fresh basil and serve over zucchini noodles or keto pasta.