ITALIAN · DINNER

Low-Carb Chicken Parmesan Without Breadcrumbs

55 min · Serves 6 · 537 kcal a serve · Video 10:41 · Low Carb Love

Gluten-free ingredients · Nut-free

Lupin flour, whey and parmesan replace the breadcrumbs, so a serve has about 10 g net carbs and over 50 g protein, with a homemade tomato sauce that has no added sugar.

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Ingredients 22 · SERVES 6

- [ ] 3 large **chicken breasts**, halved into thin fillets
- [ ] 2 large **eggs**
- [ ] 1 tsp **garlic powder** (for the egg marinade)
- [ ] 2 tbsp **fresh chopped parsley** (for the egg marinade)
- [ ] 60 g **lupin flour**
- [ ] 45 g **unflavoured whey protein powder**
- [ ] 35 g **freshly grated parmesan** (for the breading)
- [ ] 1 tsp **garlic powder** (for the breading)
- [ ] 1 tsp **onion powder**
- [ ] **oil** for shallow-frying (about 1 tbsp a serve)
- [ ] 1 tbsp **avocado oil** (for the sauce)
- [ ] 1 large **onion**, chopped
- [ ] 2 tsp minced **garlic**
- [ ] 170 g **tomato paste**
- [ ] 170 ml **water**
- [ ] 1 tsp **dried Italian herbs**
- [ ] 1 tbsp **granulated sweetener** (monk fruit)
- [ ] 6 slices **mozzarella**
- [ ] 35 g **freshly shredded parmesan** (for the topping)
- [ ] 2 tbsp **fresh chopped parsley** (for the topping)
- [ ] **salt**, to taste
- [ ] **black pepper**, to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Lupin. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Slice the chicken breasts in half horizontally into thin fillets. 0:37
2. Whisk the eggs with garlic powder, parsley, salt and pepper. Turn the chicken in the egg until fully coated, cover and chill 15–30 minutes. 1:03
3. For the breading, mix the lupin flour, whey protein, grated parmesan, garlic powder, onion powder and a good pinch of salt and pepper. 2:29
4. For the sauce, heat the avocado oil over medium heat and soften the onion until translucent. Stir in the tomato paste, water, garlic, Italian herbs, sweetener, salt and pepper; simmer covered 8–10 minutes until slightly thickened. 4:55
5. Heat the oven to 220°C. Lift each fillet from the egg and toss it in the breading until fully coated, using dry tongs. 6:10
6. Shallow-fry the fillets in hot oil until golden on both sides. 6:50
7. Lay them in a greased baking dish, spoon over the sauce, top with mozzarella slices, shredded parmesan and parsley, and bake 10–15 minutes until the chicken is cooked through and the cheese has melted. 7:05

> **Tip** Lupin is a legume, so skip this if you're allergic to lupin or peanuts. Chicken thighs work too. A no-sugar-added jar of marinara can replace the homemade sauce. The cook says the breading works without the parmesan.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
537 kcal	56 g	16 g	5.7 g	29 g	840 mg
2,250 kJ	111% of a day	10 g net · 5.9 g sugars	20% of a day	7.8 g saturated	36% of a day
		6% of a day		37% of a day	

Energy from net carbs 8% · protein 43% · fat 49% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 78% · Vitamin B6 49% · Vitamin K 41% · Vitamin B12 39% · Calcium 29% · Vitamin E 26% · Zinc 25%

Source of (10–19%) Potassium 18% · Magnesium 16% · Iron 15% · Omega-3 15% · Vitamin C 14% · Vitamin A 13%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=WqQZibepnP0, published 29 August 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chicken-parmesan-lupin-crust