



Cheat's chicken Kiev

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tbsp cream cheese
- ☐ 2 garlic cloves crushed
- ☐ 1 tbsp parsley or dried frozen chopped
- ☐ 2 chicken breasts skinless
- ☐ 6 slices pancetta
- ☐ 2 servings oil for brushing

Equipment

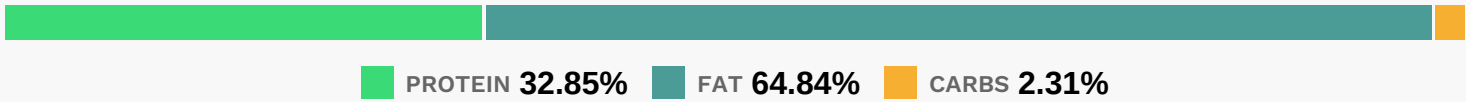
- ☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Mix together the cream cheese, garlic and herbs with some seasoning.
- ☐ Cut a slit in the side of each chicken breast, ensuring you dont pierce through the other side. Using your fingers, make a bigger pocket and stuff the creamy mix inside. Season the chicken breasts, then wrap 3 slices of pancetta around each, covering the pocket tightly.
- ☐ Put on a baking tray, brush with a little oil and bake for 18-20 mins until cooked through.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:25.935217292412%

Flavonoids

Apigenin: 36.03mg, Apigenin: 36.03mg, Apigenin: 36.03mg, Apigenin: 36.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.65mg, Isorhamnetin: 2.65mg, Isorhamnetin: 2.65mg, Isorhamnetin: 2.65mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 690.22kcal (34.51%), Fat: 49.05g (75.46%), Saturated Fat: 15.23g (95.2%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.66g (1.33%), Sugar: 1.45g (1.61%), Cholesterol: 208.97mg (69.66%), Sodium: 658.15mg (28.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.91g (111.83%), Vitamin B3: 25.39mg (126.97%), Selenium: 84.42µg (120.6%), Vitamin B6: 1.87mg (93.46%), Phosphorus: 581.95mg (58.19%), Vitamin B5: 3.69mg (36.87%), Potassium: 1000.7mg (28.59%), Vitamin E: 3.45mg (22.97%), Vitamin B2: 0.37mg (21.52%), Vitamin K: 22.12µg (21.07%), Vitamin B1: 0.28mg (18.43%), Magnesium: 71.01mg (17.75%), Zinc: 2.07mg (13.77%), Vitamin B12: 0.74µg (12.36%), Vitamin A: 585.96IU (11.72%), Manganese: 0.17mg (8.56%), Iron: 1.28mg (7.09%), Calcium: 63.11mg (6.31%), Vitamin C: 4.65mg (5.63%), Copper: 0.1mg (5.02%), Folate: 13.83µg (3.46%), Vitamin D: 0.39µg (2.63%), Fiber: 0.28g (1.11%)