

DINNER

Chicken Cigars

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	10 min	15 min	4	\$2.02	417 kcal



Chicken Cigars might be a good recipe to expand your main course collection. This recipe serves 4 and costs \$2.02 per serving. One portion of this dish contains roughly 32g of protein, 27g of fat, and a total of 417 calories. 1 person has made this recipe and would make it again. It is brought to yo...

Ingredients

- ☐ 4 tablespoons butter, melted
- ☐ 2 teaspoons grill seasoning (recommended: Montreal Seasoning by McCormick), half a palm full
- ☐ 2 teaspoons ground cumin
- ☐ 2 tablespoons chopped parsley leaves, a handful
- ☐ 2 teaspoons poultry seasoning
- ☐ 2 teaspoons chili powder
- ☐ 1½ pounds ground chicken breast
- ☐ 2 teaspoons paprika
- ☐ 4 sheets phyllo dough

EQUIPMENT Bowl, Baking sheet, Oven

Method

- 1 Preheat oven to 425 degrees F.
- 2 Place chicken in a bowl and mix with spices and parsley.
- 3 Place a piece of phyllo on a nonstick cookie sheet, butter it and top with a second sheet. Divide the chicken in half. Form a 1-inch thick log the length of the long side of the phyllo dough.
- 4 Roll the log in phyllo tightly.
- 5 Cut the chicken filled phyllo into 4 "cigars" and brush with a dab more butter. Repeat to make a total of 8 chicken and phyllo roll-ups.
- 6 Bake 12 to 15 minutes until golden.

Nutrition per serving

417

KCAL

32 g

PROTEIN

27 g

FAT

13 g

CARBS

Saturated Fat	11.5 g · 72% of daily needs
Fibre	1.5 g · 6% of daily needs
Sugar	0.3 g · 0% of daily needs
Sodium	304 mg · 13% of daily needs
Cholesterol	176 mg · 59% of daily needs
Vitamin C	3 mg · 4% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/chicken-cigars-148402