



Chicken Kiev

READY IN



165 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground for seasoning chicken
- 2 cups japanese bread crumbs for filling (panko)
- 1 teaspoon parsley dried
- 1 teaspoon tarragon dried
- 1 teaspoon kosher salt for seasoning chicken
- 4 chicken breast halves boneless skinless
- 8 tablespoons butter unsalted room temperature (1 stick)
- 4 servings vegetable oil for frying
- 2 large eggs whole with 1 teaspoon water beaten

Equipment

- bowl
- frying pan
- wire rack
- plastic wrap
- stand mixer
- pie form

Directions

- Watch how to make this recipe.
- Combine butter, parsley, tarragon, 1 teaspoon salt, and 1/4 teaspoon black pepper in the bowl of a stand mixer.
- Place mixture on plastic wrap or waxed paper and roll into small log; place in freezer.
- Place chicken breasts, 1 at a time, between 2 pieces of plastic wrap. Squirt chicken lightly with water and squirt the top of the plastic wrap as well. Pound to no less than 1/8-inch thickness. Season each piece of chicken with salt and pepper.
- Lay 1 chicken breast on a new piece of plastic wrap and place 1/4 of the compound butter and 1 tablespoon bread crumbs in the center of each breast. Using the plastic wrap to assist, fold in ends of breast and roll breast into a log, completely enclosing the butter; roll very tightly. Repeat with each breast.
- Place chicken in refrigerator for 2 hours, or up to overnight.
- Place egg and water mixture in 1 pie pan and 2 cups bread crumbs in a different pie pan.
- Heat 1/2-inch of vegetable oil in a 12-inch saute pan over medium-high heat until oil reaches 375 degrees F.
- Dip each breast in the egg mixture and then roll in the bread crumbs. Gently place each breast in oil, sealed-side down, and cook until golden brown, approximately 4 to 5 minutes on each side, until the internal temperature reaches 165 degrees F.
- Remove to a cooling rack set in sheet pan and allow to drain for 5 to 10 minutes before serving.

Nutrition Facts

PROTEIN **24.88%** FAT **57.64%** CARBS **17.48%**

Properties

Glycemic Index:25.5, Glycemic Load:0.17, Inflammation Score:-6, Nutrition Score:19.618695798128%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg

Nutrients (% of daily need)

Calories: 510.44kcal (25.52%), Fat: 32.45g (49.92%), Saturated Fat: 16.61g (103.79%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 20.71g (7.53%), Sugar: 1.97g (2.19%), Cholesterol: 225.52mg (75.17%), Sodium: 971.08mg (42.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.52g (63.03%), Selenium: 51.71µg (73.87%), Vitamin B3: 13.86mg (69.28%), Vitamin B6: 0.94mg (46.93%), Phosphorus: 344.89mg (34.49%), Vitamin B1: 0.38mg (25.02%), Vitamin B5: 2.19mg (21.92%), Vitamin B2: 0.37mg (21.48%), Manganese: 0.36mg (18.02%), Vitamin A: 890.79IU (17.82%), Potassium: 535.67mg (15.3%), Iron: 2.49mg (13.86%), Folate: 50.65µg (12.66%), Magnesium: 47.9mg (11.98%), Vitamin B12: 0.6µg (10.02%), Zinc: 1.46mg (9.75%), Vitamin K: 9.93µg (9.46%), Vitamin E: 1.38mg (9.22%), Calcium: 88.16mg (8.82%), Vitamin D: 1.03µg (6.89%), Copper: 0.14mg (6.76%), Fiber: 1.43g (5.7%), Vitamin C: 1.64mg (1.98%)