



Chicken Kiev

READY IN



80 min.

SERVINGS



6

CALORIES



705 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon dijon mustard
- 4 large eggs
- 1 cup flour all-purpose
- 3 tablespoons chives fresh finely chopped
- 3 tablespoons parsley fresh finely chopped
- 3 tablespoons tarragon fresh finely chopped
- 2 teaspoons thyme leaves fresh finely chopped
- 6 servings kosher salt and pepper freshly ground
- 2 cups panko bread crumbs (Japanese breadcrumbs)

- 2.3 pounds chicken breasts boneless skinless
- 2 sticks butter unsalted softened
- 6 servings vegetable oil for frying

Equipment

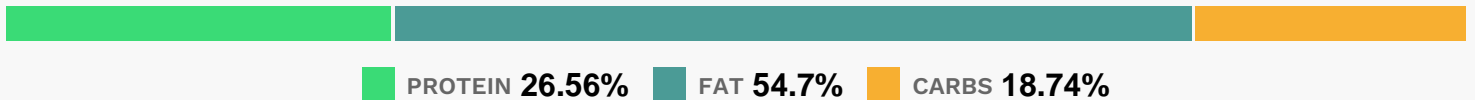
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- plastic wrap
- ziploc bags

Directions

- Mix the butter, tarragon, parsley, chives, thyme, 1 teaspoon salt and 1/4 teaspoon pepper in a bowl. Scoop the mixture onto a piece of plastic wrap or parchment paper and roll into a 1-inch-thick log. Wrap and freeze until firm, at least 3 hours and up to 3 days.
- Slice the frozen butter into 6 equal pieces.
- Lay a chicken breast between 2 pieces of plastic wrap or 2 large resealable plastic bags; pound to 1/4 inch thick with a heavy skillet or mallet.
- Transfer to a clean piece of plastic wrap and season with salt and pepper. Put a piece of herbed butter in the center of the chicken; using the plastic wrap as an aid, tightly roll up the chicken starting at a long side, tucking in the short sides as you go. Tightly wrap the chicken roll in plastic wrap. Repeat with the remaining chicken and butter. Refrigerate the rolls at least 2 hours or overnight.
- Preheat the oven to 350 degrees F and set a wire rack on a rimmed baking sheet.
- Put the flour in a shallow dish.
- Whisk the eggs and mustard in another shallow dish.

- Put the panko in a third dish. Unwrap the chicken rolls and generously season with salt and pepper. One at a time, dredge the chicken rolls in the flour, then dip in the egg mixture and roll in the panko to coat.
- Heat 1/2 inch of vegetable oil in a large skillet over medium-high heat. Fry the chicken rolls in 2 batches, turning, until golden, 6 to 8 minutes.
- Transfer to the prepared rack and bake until cooked through, about 10 minutes.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:49.83, Glycemic Load:12.62, Inflammation Score:-9, Nutrition Score:31.048695854519%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 704.93kcal (35.25%), Fat: 42.57g (65.49%), Saturated Fat: 22.14g (138.35%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 30.78g (11.19%), Sugar: 1.52g (1.69%), Cholesterol: 313.85mg (104.62%), Sodium: 620.29mg (26.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.5g (93.01%), Selenium: 78.16µg (111.66%), Vitamin B3: 20.71mg (103.57%), Vitamin B6: 1.46mg (72.87%), Phosphorus: 504.14mg (50.41%), Vitamin K: 45.64µg (43.47%), Vitamin B2: 0.57mg (33.77%), Manganese: 0.67mg (33.61%), Vitamin B1: 0.5mg (33.18%), Vitamin B5: 3.2mg (32.01%), Vitamin A: 1586.54IU (31.73%), Iron: 4.59mg (25.5%), Potassium: 874.96mg (25%), Folate: 97.81µg (24.45%), Magnesium: 78.21mg (19.55%), Zinc: 2.08mg (13.87%), Vitamin B12: 0.77µg (12.85%), Calcium: 124.34mg (12.43%), Vitamin E: 1.83mg (12.21%), Vitamin C: 8.4mg (10.18%), Copper: 0.19mg (9.58%), Vitamin D: 1.4µg (9.35%), Fiber: 2.03g (8.1%)