



Chicken Kiev

READY IN



30 min.

SERVINGS



4

CALORIES



940 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bread crumbs plain
- 6 tablespoons butter chilled
- 24 ounce meat from a rotisserie chicken thin cut boneless skinless (6-ounce)
- 10 blades chives fresh chopped
- 2 tablespoons a palmful dill fresh finely chopped
- 2 eggs
- 1 cup flour
- 1 clove garlic finely chopped
- 4 servings wedge lemon

- 1 tablespoons a palmful parsley fresh finely chopped
- 4 servings round toothpicks plain
- 4 servings salt and pepper
- 4 servings vegetable oil for frying

Equipment

- frying pan
- toothpicks
- kitchen thermometer
- cutting board

Directions

- In a large, deep skillet, heat 1 1/2 inches vegetable oil over medium high heat. The oil needs to be 360 degrees F for frying. If you do not have a frying thermometer, add a cube of white bread to hot oil. If the bread browns in a 40 count, the oil is ready.
- Cover work surface with waxed paper. Arrange breasts on paper. Butterfly small chicken breasts, cut into flesh and across, but not through the breast, and open them up. The 6-ounce thin cut breasts may just be removed from package and arranged on waxed paper. Cover breast meat with a second sheet of waxed paper. Pound out cutlets to 1/4-inch thick with a small heavy skillet or a rubber mallet. Be careful not to tear meat.
- Roll up waxed paper and breasts and set aside.
- Combine chopped herbs on cutting board with chopped garlic.
- Cut 4 (1 1/2 tablespoons) pieces of cold butter and coat each piece liberally with the herb garlic mixture.
- In 3 disposable pie tins, set out flour, eggs beaten with a splash of cold water and bread crumbs. Uncover chicken and squeeze a wedge of lemon over breasts. Season chicken with salt and pepper.
- Place an herb-covered piece of butter on each piece of chicken. Wrap and roll cutlets tightly up and over the butter cubes. Discard pie tins used for breading. Secure stuffed chicken with toothpicks.
- Roll stuffed breasts in flour, then egg, then bread crumbs.
- Fry the Kiev bundles 7 to 8 minutes on each side until deep golden brown all over.

Nutrition Facts

PROTEIN 42.54% FAT 38.25% CARBS 19.21%

Properties

Glycemic Index:68.13, Glycemic Load:17.38, Inflammation Score:-8, Nutrition Score:44.323043864706%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 940.1kcal (47%), Fat: 38.9g (59.85%), Saturated Fat: 16.95g (105.96%), Carbohydrates: 43.98g (14.66%), Net Carbohydrates: 41.78g (15.19%), Sugar: 1.94g (2.16%), Cholesterol: 378.23mg (126.08%), Sodium: 885.36mg (38.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 97.35g (194.7%), Selenium: 143.56µg (205.09%), Vitamin B3: 37.04mg (185.19%), Vitamin B6: 2.88mg (143.92%), Phosphorus: 989.29mg (98.93%), Vitamin B12: 4.94µg (82.29%), Zinc: 11.63mg (77.54%), Vitamin B1: 0.84mg (56.31%), Vitamin B2: 0.91mg (53.81%), Iron: 8.7mg (48.33%), Vitamin B5: 4.61mg (46.15%), Potassium: 1565.48mg (44.73%), Folate: 137.81µg (34.45%), Vitamin K: 33.35µg (31.76%), Magnesium: 124.2mg (31.05%), Manganese: 0.55mg (27.57%), Copper: 0.41mg (20.62%), Vitamin A: 903.41IU (18.07%), Vitamin E: 2mg (13.36%), Calcium: 131mg (13.1%), Fiber: 2.2g (8.81%), Vitamin C: 5.76mg (6.98%), Vitamin D: 0.84µg (5.57%)