

Chicken Kiev

READY IN



45 min.

SERVINGS



6

CALORIES



997 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups bread crumbs dried
- 0.5 cup butter
- 3 eggs lightly beaten
- 0.5 tablespoon chives fresh chopped
- 0.5 tablespoon parsley fresh chopped
- 1 tablespoon juice of lemon
- 6 servings salt and pepper to taste
- 6 chicken breast halves boneless skinless
- 2 quarts vegetable oil for frying

3 tablespoons water

Equipment

- bowl
- toothpicks
- wax paper
- deep fryer

Directions

- In a small bowl, combine the butter/margarine, parsley, chives and lemon juice. Blend all together and refrigerate.
- Place chicken breasts between 2 pieces of wax paper and pound well to flatten.
- Remove paper and season breasts with salt and pepper to taste.
- Remove seasoned butter from refrigerator and divide it into 6 portions.
- Place one portion in the center of each chicken breast. Fold the short ends of the breasts into the center, then fold in the sides. Secure each breast with a wooden toothpick.
- Add the water to the eggs and beat together. Coat each rolled breast with bread crumbs, dip into egg/water mixture, then into bread crumbs again, coating well. Chill breasts for one hour.
- In a deep fryer, heat oil to 365 degrees F (185 degrees C). Carefully lower breasts into hot oil. Fry for 8 minutes or until golden brown.
- Drain on paper toweling and serve.

Nutrition Facts

PROTEIN 12.7% **FAT 76.79%** **CARBS 10.51%**

Properties

Glycemic Index:21.17, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:24.99826077793%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Isorhamnetin:

0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 996.57kcal (49.83%), Fat: 85.37g (131.34%), Saturated Fat: 21.1g (131.93%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 24.64g (8.96%), Sugar: 2.4g (2.66%), Cholesterol: 194.83mg (64.94%), Sodium: 741.86mg (32.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.76g (63.51%), Vitamin K: 126.01µg (120.01%), Selenium: 52.18µg (74.54%), Vitamin B3: 14.21mg (71.03%), Vitamin B6: 0.93mg (46.48%), Vitamin E: 6.08mg (40.54%), Phosphorus: 345.34mg (34.53%), Vitamin B1: 0.43mg (28.75%), Vitamin B5: 2.17mg (21.72%), Vitamin B2: 0.37mg (21.53%), Manganese: 0.36mg (17.81%), Potassium: 528.76mg (15.11%), Iron: 2.59mg (14.37%), Folate: 55.22µg (13.8%), Vitamin A: 664.54IU (13.29%), Magnesium: 48.38mg (12.09%), Zinc: 1.49mg (9.9%), Vitamin B12: 0.58µg (9.67%), Calcium: 89.57mg (8.96%), Copper: 0.14mg (7.04%), Fiber: 1.64g (6.58%), Vitamin D: 0.55µg (3.69%), Vitamin C: 2.91mg (3.53%)