



Chicken Kiev

READY IN



180 min.

SERVINGS



6

CALORIES



337 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bread crumbs dried fine
- ☐ 2 teaspoon basil dried
- ☐ 2 tablespoon parsley fresh chopped
- ☐ 6 slice monterey jack cheese 1x2 inches thick
- ☐ 0.5 parmesan cheese grated
- ☐ 6 servings salt and pepper as needed
- ☐ 6 servings butter unsalted divided at room temperature
- ☐ 6 servings vegetable oil

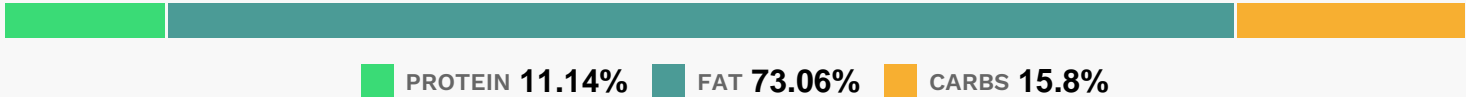
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ toothpicks

Directions

- ☐ Prepare the herb butter by combining ¼ cup butter, parsley, basil, 1 teaspoon salt, and ¼ teaspoon black pepper in a small bowl, mix well.
- ☐ Place chicken breasts, 1 at a time, between 2 pieces of plastic wrap. Using a mallet pound the breasts to about ¼-inch thickness. Season each piece of chicken with salt and pepper.
- ☐ Lay 1 chicken breast on a new piece of plastic wrap and place 1/6 of the compound butter and 1 slice Monterey Jack cheese 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. Secure with toothpicks. Repeat with each breast.
- ☐ Place chicken in refrigerator for 2 hours, or up to overnight. When ready to bake pre-heat the oven to 375 degrees F. Melt the remaining ¼-cup butter and pour it into a wide shallow bowl.
- ☐ Put the bread crumbs and Parmesan cheese into another wide shallow bowl, mix well.
- ☐ Heat ½-inch of vegetable oil in a 12-inch saute pan over medium-high heat. Un-wrap the breasts and remove toothpicks. Then one at a time dip each breast in the melted butter and then roll in the bread crumbs. Gently place each breast into hot oil and cook on all sides until golden brown all over.
- ☐ Transfer all 6 breasts to the pre-heated oven and bake, approximately 10 minutes, until the internal temperature reaches 165 degrees F.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:9.306521628214%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 336.73kcal (16.84%), Fat: 27.54g (42.37%), Saturated Fat: 10.29g (64.32%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 12.42g (4.52%), Sugar: 1.28g (1.42%), Cholesterol: 35.73mg (11.91%), Sodium: 496.43mg (21.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.45g (18.9%), Vitamin K: 55.57µg (52.92%), Calcium: 253.43mg (25.34%), Phosphorus: 157.49mg (15.75%), Selenium: 8.68µg (12.4%), Vitamin B1: 0.18mg (12%), Vitamin B2: 0.19mg (11.12%), Manganese: 0.2mg (10.2%), Vitamin E: 1.39mg (9.3%), Vitamin A: 455.72IU (9.11%), Iron: 1.46mg (8.11%), Zinc: 1.15mg (7.64%), Folate: 27.52µg (6.88%), Vitamin B3: 1.26mg (6.28%), Vitamin B12: 0.3µg (5.08%), Magnesium: 18.48mg (4.62%), Fiber: 0.98g (3.92%), Copper: 0.06mg (3.24%), Vitamin B6: 0.05mg (2.49%), Potassium: 75.43mg (2.16%), Vitamin C: 1.78mg (2.15%), Vitamin B5: 0.17mg (1.72%), Vitamin D: 0.24µg (1.62%)