



Chicken Kiev

READY IN



45 min.

SERVINGS



6

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups breadcrumbs homemade soft ()
- ☐ 0.3 cup butter softened
- ☐ 0.3 teaspoon tarragon dried
- ☐ 1 large eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 6 skinned
- ☐ 0.5 cup vegetable oil
- ☐ 1 tablespoon water

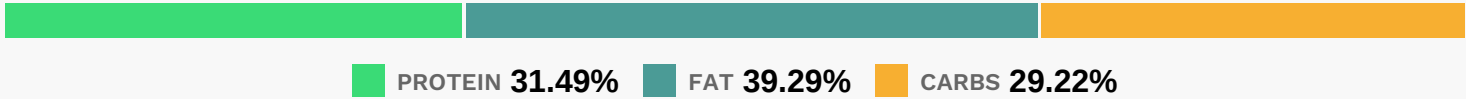
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Combine first 6 ingredients in a small bowl; stir until blended. Shape butter mixture into a 3-inch stick; cover and freeze 45 minutes or until firm.
- ☐ Place chicken between two sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness, using a meat mallet or rolling pin. Season chicken with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Cut butter stick into 6 pats; place 1 pat in center of each chicken breast half; fold long sides of chicken over butter, fold ends over, and secure with wooden picks.
- ☐ Combine egg and water, stirring well. Dredge each chicken roll in flour, dip in egg mixture, and dredge in breadcrumbs. Cover and chill rolls 1 to 8 hours.
- ☐ Heat 1/2 cup oil to 350 in a large skillet; fry chicken in hot oil 3 minutes or until browned, turning to brown rolls evenly.
- ☐ Transfer chicken to a baking sheet; bake at 350 for 16 to 18 minutes.

Nutrition Facts



Properties

Glycemic Index:48.17, Glycemic Load:5.84, Inflammation Score:-5, Nutrition Score:18.598695521769%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 386.57kcal (19.33%), Fat: 16.57g (25.49%), Saturated Fat: 6.66g (41.64%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 26.18g (9.52%), Sugar: 1.75g (1.94%), Cholesterol: 123.66mg (41.22%), Sodium: 499.12mg (21.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.88g (59.75%), Vitamin B3: 14.22mg (71.11%), Selenium: 49.23µg (70.32%), Vitamin B6: 0.91mg (45.35%), Phosphorus: 313.35mg (31.33%), Vitamin B1: 0.42mg (28.05%), Vitamin B5: 1.95mg (19.49%), Vitamin K: 20.42µg (19.45%), Vitamin B2: 0.32mg (18.64%), Manganese: 0.36mg (18%), Folate: 57.94µg (14.48%), Potassium: 504.72mg (14.42%), Iron: 2.44mg (13.53%), Magnesium: 45.32mg (11.33%), Zinc: 1.25mg (8.35%), Vitamin A: 375.2IU (7.5%), Vitamin B12: 0.41µg (6.85%), Calcium: 66.65mg (6.67%), Copper: 0.12mg (6.22%), Fiber: 1.55g (6.18%), Vitamin E: 0.85mg (5.68%), Vitamin C: 2.44mg (2.96%), Vitamin D: 0.28µg (1.86%)