



## Delicious Baked Chicken Kiev

READY IN



60 min.

SERVINGS



6

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter softened
- 0.3 cup buttermilk
- 6 chicken breast halves boneless skinless
- 5 cups cornflakes
- 3 tablespoons parsley fresh chopped
- 1.5 teaspoons garlic powder
- 1 teaspoon paprika
- 1 teaspoon salt

## Equipment

- bowl
- oven
- baking pan
- toothpicks
- aluminum foil
- rolling pin

## Directions

- In a small bowl, stir together the butter, 1/8 teaspoon garlic powder, and 1 tablespoon of parsley.
- Spread the butter mixture 1/2 inch thick onto a piece of aluminum foil, and place in the freezer to harden.
- Place the cereal in a large plastic resealable bag, and crush with a rolling pin.
- Add the remaining parsley, 1 1/2 teaspoons garlic powder, paprika and salt, seal the bag, and shake to mix.
- Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking dish.
- Remove the slab of butter mixture from the freezer, and slice into 6 strips.
- Place one strip onto the center of each pounded chicken breast, roll up and secure with toothpicks. Dip rolled chicken breasts into buttermilk, then into the cereal mixture.
- Place coated breasts into the prepared baking dish.
- Bake, uncovered, for 30 to 40 minutes until chicken is no longer pink, and the juices run clear. The outside should be crispy and golden.

## Nutrition Facts



## Properties

Glycemic Index:22.17, Glycemic Load:0.21, Inflammation Score:-8, Nutrition Score:22.183478210283%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 290.28kcal (14.51%), Fat: 11.09g (17.06%), Saturated Fat: 5.73g (35.82%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 19.95g (7.25%), Sugar: 2.78g (3.09%), Cholesterol: 93.76mg (31.25%), Sodium: 761.87mg (33.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.37g (52.74%), Vitamin B3: 16.04mg (80.21%), Vitamin B6: 1.29mg (64.46%), Selenium: 38.76µg (55.38%), Iron: 7.41mg (41.15%), Vitamin K: 33.99µg (32.37%), Vitamin B2: 0.5mg (29.13%), Phosphorus: 277.18mg (27.72%), Vitamin B1: 0.4mg (26.42%), Vitamin B12: 1.45µg (24.25%), Folate: 92.16µg (23.04%), Vitamin A: 1036.16IU (20.72%), Vitamin B5: 1.73mg (17.34%), Potassium: 500.78mg (14.31%), Vitamin C: 8.93mg (10.82%), Magnesium: 41.85mg (10.46%), Vitamin D: 1.08µg (7.22%), Zinc: 0.99mg (6.63%), Copper: 0.09mg (4.44%), Fiber: 1.02g (4.08%), Vitamin E: 0.59mg (3.91%), Manganese: 0.07mg (3.67%), Calcium: 24.94mg (2.49%)