



Easy chicken Kiev

READY IN



40 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 garlic cloves peeled
- ☐ 1 small bunch flat-leaf parsley
- ☐ 85 g breadcrumbs fresh
- ☐ 4 chicken breasts boneless skinless
- ☐ 4 tbsp garlic & herb cheese soft
- ☐ 4 tsp plus olive oil

Equipment

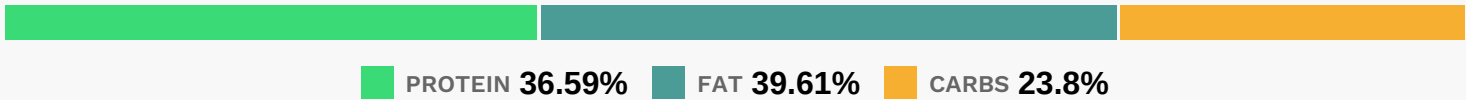
- ☐ food processor

☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Whizz together the 2 peeled garlic cloves, parsley and 1 tsp olive oil in a food processor.
- ☐ Add the breadcrumbs and seasoning before pulsing briefly to mix. Tip onto a plate.
- ☐ Cut a slit (roughly thumb-length) in the side of each chicken breast, at the plump end. Spoon of the soft cheese into each hole and press the edges together to seal. Rub 2 tsp oil over all the chicken breasts before pressing the herby crumbs onto them.
- ☐ Place the coated chicken in a shallow roasting tin. Scatter round the remaining unpeeled garlic cloves and drizzle with the rest of the oil.
- ☐ Bake for 20-25 mins until the chicken is cooked and crumbs crisp and golden. Squeeze out the soft, roasted garlic from the skins and serve with the chicken.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.77, Inflammation Score:-8, Nutrition Score:22.987825974174%

Flavonoids

Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 2.19mg, Myricetin: 2.19mg, Myricetin: 2.19mg, Myricetin: 2.19mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 315.12kcal (15.76%), Fat: 13.68g (21.04%), Saturated Fat: 4.47g (27.93%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 16.97g (6.17%), Sugar: 2.03g (2.25%), Cholesterol: 86.96mg (28.99%), Sodium: 340.99mg (14.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.43g (56.86%), Vitamin K: 238.42µg (227.07%), Vitamin B3: 13.43mg (67.13%), Selenium: 43.42µg (62.02%), Vitamin B6: 0.95mg (47.44%), Phosphorus: 303.03mg (30.3%), Vitamin A: 1429.46IU (28.59%), Vitamin C: 21.71mg (26.32%), Vitamin B1: 0.3mg (20.16%), Vitamin B5: 1.89mg (18.94%), Potassium: 575.92mg (16.45%), Manganese: 0.31mg (15.59%), Vitamin B2: 0.25mg (14.76%), Iron: 2.45mg (13.59%), Folate: 50.36µg (12.59%), Magnesium: 48.07mg (12.02%), Calcium: 86.46mg (8.65%), Zinc: 1.24mg (8.27%), Vitamin E: 1.11mg (7.43%), Copper: 0.12mg (6.1%), Fiber: 1.52g (6.08%), Vitamin B12: 0.33µg (5.54%)