



Garlic Chicken Kiev

READY IN



95 min.

SERVINGS



6

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons let set min. spread softened reduced-calorie
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.1 teaspoon garlic powder
- ☐ 1.5 pounds chicken breast halves boneless skinless
- ☐ 1 cup cornflakes crushed country®
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 cup nonfat buttermilk fat-free low-fat (skim)

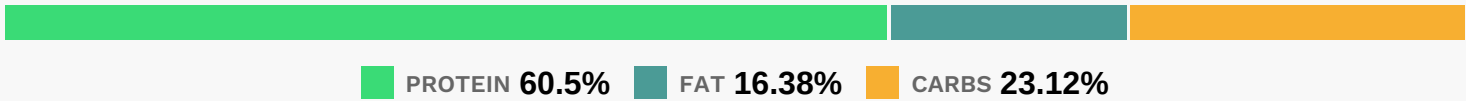
Equipment

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

Directions

- ☐ Mix spread, chives and garlic powder; shape into 3x2-inch rectangle. Cover and freeze about 30 minutes or until firm.
- ☐ Heat oven to 425°F. Spray square pan, 9x9x2 inches, with cooking spray. Flatten each chicken breast half to 1/4-inch thickness between sheets of plastic wrap or waxed paper.
- ☐ Cut chives mixture crosswise into 6 pieces.
- ☐ Place 1 piece on center of each chicken breast half. Fold long sides of chicken over chives mixture; fold up ends and secure with toothpick.
- ☐ Mix cereal, parsley and paprika. Dip chicken into buttermilk, then coat lightly and evenly with cereal mixture.
- ☐ Place chicken, seam sides down, in pan.
- ☐ Bake uncovered about 35 minutes or until chicken is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:2.63, Inflammation Score:-4, Nutrition Score:13.956086988034%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 170.45kcal (8.52%), Fat: 3g (4.61%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 9.52g (3.17%), Net Carbohydrates: 9.17g (3.34%), Sugar: 4.37g (4.86%), Cholesterol: 72.77mg (24.26%), Sodium: 177.78mg (7.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.91g (49.82%), Vitamin B3: 12.7mg (63.52%), Selenium: 36.85µg (52.64%), Vitamin B6: 0.94mg (47.04%), Phosphorus: 246.07mg (24.61%), Vitamin K: 23.29µg (22.18%), Vitamin B5: 1.64mg (16.4%), Potassium: 446.22mg (12.75%), Vitamin B2: 0.19mg (11.39%), Iron: 1.93mg (10.73%), Vitamin B1: 0.14mg (9.24%), Magnesium: 32.81mg (8.2%), Vitamin B12: 0.46µg (7.67%), Vitamin A: 333.54IU (6.67%), Vitamin C: 5.14mg (6.23%), Folate: 24.63µg (6.16%), Zinc: 0.73mg (4.9%), Copper: 0.05mg (2.56%), Vitamin E: 0.29mg (1.93%), Vitamin D: 0.28µg (1.88%), Manganese: 0.03mg (1.75%), Fiber: 0.35g (1.41%), Calcium: 11.32mg (1.13%)