



## Mexican Chicken Kiev

READY IN



120 min.

SERVINGS



8

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 chile peppers green cut into 8 strips
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 8 ounce monterrey jack cheese cut into 8 slices
- ☐ 1.5 tablespoons parmesan cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 1 cup seasoned bread crumbs italian-style
- ☐ 8 chicken breasts boneless skinless

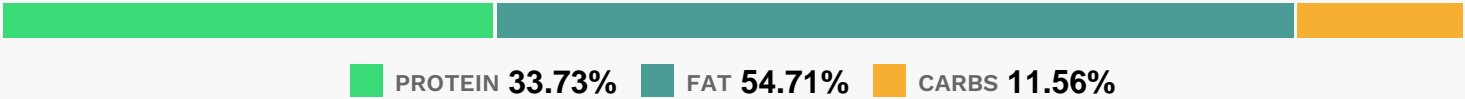
## Equipment

- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ wax paper
- ☐ meat tenderizer

## Directions

- ☐ Place 1 chicken breast between two sheets of wax paper. Working from the center to the edges, pound with a meat mallet until flat and rectangular shaped. Repeat with remaining breasts.
- ☐ Wrap the green chili strips around the cheese, then wrap the flattened chicken breasts around the chili and cheese. Secure with toothpicks or uncooked spaghetti noodles.
- ☐ Combine the bread crumbs, parmesan cheese, salt, cumin and pepper.
- ☐ Roll the secured chicken pieces in the melted butter and then in the bread crumb mixture.
- ☐ Place chicken breasts in a 13x9 inch baking dish; don't let them crowd.
- ☐ Drizzle the remaining butter over all eight of the breasts. Refrigerate for 1 hour, or freeze to bake later (baking time will be increased by about 5 to 10 minutes)
- ☐ Bake in a preheated 400 degrees F (200 degrees C) oven for 25 to 30 minutes, or until chicken is no longer pink and juices run clear.

## Nutrition Facts



## Properties

Glycemic Index:14.25, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:17.344782761906%

## Nutrients (% of daily need)

Calories: 401.51kcal (20.08%), Fat: 24.14g (37.14%), Saturated Fat: 13.71g (85.66%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 10.33g (3.75%), Sugar: 1.39g (1.54%), Cholesterol: 129.02mg (43.01%), Sodium: 792.25mg (34.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.49g (66.98%), Vitamin B3: 12.75mg (63.75%),

Selenium: 44.46µg (63.51%), Vitamin B6: 0.9mg (44.83%), Phosphorus: 399.89mg (39.99%), Calcium: 257.94mg (25.79%), Vitamin B5: 1.78mg (17.84%), Vitamin B2: 0.29mg (17.32%), Vitamin B1: 0.22mg (14.84%), Potassium: 484.77mg (13.85%), Vitamin A: 645.78IU (12.92%), Zinc: 1.78mg (11.88%), Magnesium: 45.22mg (11.31%), Manganese: 0.19mg (9.45%), Vitamin B12: 0.55µg (9.18%), Vitamin K: 9.06µg (8.62%), Iron: 1.46mg (8.13%), Folate: 27.99µg (7%), Fiber: 1.15g (4.6%), Vitamin E: 0.67mg (4.45%), Copper: 0.08mg (3.97%), Vitamin C: 3.12mg (3.78%), Vitamin D: 0.29µg (1.92%)