



## Ukrainian Chicken Kiev

READY IN



70 min.

SERVINGS



8

CALORIES



255 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter softened
- 1 teaspoon dill dried
- 0.5 cup breadcrumbs dry
- 2 eggs
- 0.5 cup flour all-purpose
- 0.3 cup parsley fresh chopped
- 0.3 teaspoon garlic powder
- 0.3 teaspoon pepper black
- 0.5 optional: lemon sliced

- 4 ounce chicken breast halves boneless skinless
- 2 cups vegetable oil
- 3 tablespoons water

## Equipment

- bowl
- frying pan
- paper towels
- toothpicks
- aluminum foil
- wax paper
- rolling pin

## Directions

- Place each chicken breast between a sheet of wax paper and pound, using a mallet or rolling pin, to about 1/8 inch thickness; be careful not to 'break' the chicken. Wrap and refrigerate until seasoned butter is frozen.
- To Make Seasoned Butter: In a small bowl combine the softened butter, 1/2 teaspoon pepper and 1 teaspoon garlic powder and mix well.
- Spread mixture into a 2x4 inch rectangle on a piece of aluminum foil; freeze until firm.
- When butter is firm, cut into 8 equal size pieces and place one piece on each chicken breast. Fold in edges of chicken and roll to encase butter completely. Secure with toothpicks.
- In a small bowl, beat eggs with water. In a shallow dish or bowl, mix together the 1/4 teaspoon pepper, 1/4 teaspoon garlic powder, dill weed and flour.
- Place bread crumbs in a separate shallow dish or bowl. Dip chicken rolls in seasoned flour, then egg mixture, then crumbs.
- Place coated chicken in a shallow dish, cover and refrigerate for about 30 minutes.
- Heat oil in a large skillet over medium high heat. When oil is hot, deep fry chicken rolls for about 5 minutes, then turn over and deep fry for another 5 minutes until golden and cooked through, with no pink showing inside.
- Drain on paper towels, garnish with lemon slices and parsley and serve.

# Nutrition Facts

PROTEIN 9.9% FAT 71.68% CARBS 18.42%

## Properties

Glycemic Index:27.44, Glycemic Load:4.46, Inflammation Score:-5, Nutrition Score:8.0886956608814%

## Flavonoids

Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 254.58kcal (12.73%), Fat: 20.46g (31.48%), Saturated Fat: 7.05g (44.05%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 11.02g (4.01%), Sugar: 0.67g (0.75%), Cholesterol: 70.33mg (23.44%), Sodium: 144.24mg (6.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.72%), Vitamin K: 52.09µg (49.61%), Selenium: 12.41µg (17.73%), Vitamin B3: 2.44mg (12.18%), Vitamin B1: 0.15mg (9.72%), Vitamin A: 467.11IU (9.34%), Vitamin E: 1.29mg (8.59%), Vitamin B2: 0.14mg (8.07%), Folate: 31.19µg (7.8%), Phosphorus: 76.73mg (7.67%), Vitamin C: 6.3mg (7.64%), Vitamin B6: 0.15mg (7.39%), Manganese: 0.14mg (6.97%), Iron: 1.17mg (6.48%), Vitamin B5: 0.47mg (4.74%), Potassium: 117.27mg (3.35%), Fiber: 0.81g (3.23%), Magnesium: 12.09mg (3.02%), Calcium: 29.76mg (2.98%), Zinc: 0.42mg (2.78%), Vitamin B12: 0.17µg (2.77%), Copper: 0.05mg (2.42%), Vitamin D: 0.23µg (1.56%)