

Chicken Kiev

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-kiev-recipe>

Ingredients:

- 6 boneless, skinless chicken breasts
- 1 cup all purpose flour
- 3/4 cup panko breadcrumbs
- 1/2 cup unsalted butter softened
- 1/4 cup Parmesan cheese grated
- 1/4 cup fresh parsley minced
- 3 eggs beaten
- 2 cloves garlic minced
- 1 lemon juiced
- vegetable oil as needed, for frying
- kosher salt
- freshly ground pepper

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 275 milligrams
4. Fat: 29 grams
5. Fiber: 2 grams
6. Protein: 50 grams
7. SaturatedFat: 13 grams
8. Sodium: 470 milligrams
9. Sugar: 1 grams

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