

Chicken Kiev

Mrs. Vernon H. Long Jr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 6

8 boneless chicken breast halves
8 1x2-inch slices cooked ham
8 1x2-inch pieces Cheddar cheese
8 strips bacon, partially fried
salt
pepper
2 eggs
2 tablespoons half-and-half or milk
3/4 cup flour
1/2 cup fine cracker crumbs
cooking oil

Make a pocket in each chicken breast. Insert a piece of ham and cheese which has been wrapped in a piece of bacon. Fold the chicken skin around and secure with a toothpick.

Season with salt and pepper to taste.

In a bowl, beat the eggs and add the milk.

In a separate bowl, combine the flour and cracker crumbs.

Dip the chicken in the egg mixture. Roll in the flour and crumbs to coat.

Fry at once in a heavy iron skillet.

Good when served with a rice casserole.

Per Serving (excluding unknown items): 1066 Calories; 75g Fat (64.0% calories from fat); 76g Protein; 20g Carbohydrate; trace Dietary Fiber; 339mg Cholesterol; 3467mg Sodium. Exchanges: 1 Grain(Starch); 10 1/2 Lean Meat; 8 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	1066	Vitamin B6 (mg):	.7mg
% Calories from Fat:	64.0%	Vitamin B12 (mcg):	3.1mcg
% Calories from Carbohydrates:	7.4%	Thiamin B1 (mg):	1.8mg
% Calories from Protein:	28.6%	Riboflavin B2 (mg):	1.2mg
Total Fat (g):	75g	Folacin (mcg):	45mcg
Saturated Fat (g):	40g	Niacin (mg):	11mg

Monounsaturated Fat (g): 26g
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 339mg
Carbohydrate (g): 20g
Dietary Fiber (g): trace
Protein (g): 76g
Sodium (mg): 3467mg
Potassium (mg): 826mg
Calcium (mg): 1115mg
Iron (mg): 4mg
Zinc (mg): 9mg
Vitamin C (mg): 53mg
Vitamin A (i.u.): 1683IU
Vitamin A (r.e.): 504RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 1
Lean Meat: 10 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 8 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 1066 **Calories from Fat:** 682

% Daily Values*

Total Fat 75g		116%
Saturated Fat 40g		200%
Cholesterol 339mg		113%
Sodium 3467mg		144%
Total Carbohydrates 20g		7%
Dietary Fiber trace		2%
Protein 76g		
<hr/>		
Vitamin A		34%
Vitamin C		88%
Calcium		112%
Iron		22%

* Percent Daily Values are based on a 2000 calorie diet.