

BBQ Chicken Cordon Bleu

 **Gluten Free**

READY IN



40 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter melted
- 0.3 cup chili sauce heinz®
- 1 tablespoon apple cider vinegar heinz®
- 0.5 teaspoon thyme dried
- 1 spring onion finely chopped
- 4 slices gruyere cheese
- 4 slices ham
- 1 tablespoon honey

- 1 tablespoon olive oil
- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 4 chicken breast boneless skinless

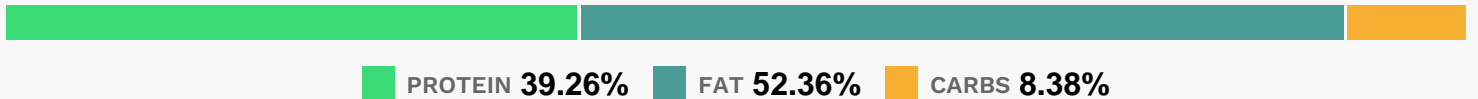
Equipment

- toothpicks
- grill

Directions

- Cut a pocket in the side of each chicken breast. Season inside and out with salt and pepper. Blend chili sauce with onions and brush half inside each pocket.
- Fill pockets with equal amounts of ham and cheese. Stitch pockets tightly closed using toothpicks. Preheat grill to medium high and grease lightly.
- Stir butter with olive oil, cider vinegar, honey and thyme.
- Brush chicken all over with some of this mixture. Set the chicken on the grill and reduce the heat to medium. Grill the chicken, covered, for 8 to 10 minutes. Turn and brush with remaining glaze. Grill, covered, for 8 to 10 minutes longer or until cooked through.

Nutrition Facts



Properties

Glycemic Index:51.57, Glycemic Load:2.35, Inflammation Score:-6, Nutrition Score:19.017391298128%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 402.91kcal (20.15%), Fat: 23.08g (35.51%), Saturated Fat: 9.9g (61.9%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 7.69g (2.8%), Sugar: 6.77g (7.52%), Cholesterol: 128.01mg (42.67%), Sodium: 1206.25mg (52.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.94g (77.88%), Selenium: 46.88µg (66.97%), Vitamin B3:

13.37mg (66.85%), Vitamin B6: 1.01mg (50.37%), Phosphorus: 478.6mg (47.86%), Calcium: 301.08mg (30.11%), Vitamin B5: 1.91mg (19.09%), Vitamin B1: 0.28mg (18.37%), Potassium: 603.01mg (17.23%), Zinc: 2.46mg (16.42%), Vitamin B2: 0.27mg (15.97%), Vitamin B12: 0.86µg (14.32%), Vitamin K: 12.98µg (12.37%), Magnesium: 48.5mg (12.13%), Vitamin A: 538.86IU (10.78%), Vitamin E: 1.34mg (8.9%), Iron: 1.12mg (6.23%), Vitamin C: 4.74mg (5.74%), Copper: 0.09mg (4.71%), Manganese: 0.09mg (4.32%), Vitamin D: 0.48µg (3.18%), Folate: 12.21µg (3.05%), Fiber: 0.61g (2.43%)