



Chicken and Rice Cordon Bleu

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12.4 ounces oats long-grain wild
- ☐ 4 cups water
- ☐ 4 slices ham cut into 1-inch strips thin
- ☐ 1.5 pounds chicken breast (not breaded)
- ☐ 16 ounces mozzarella cheese
- ☐ 0.5 teaspoon paprika
- ☐ 4 ounces swiss cheese shredded finely
- ☐ 1 tablespoon parsley fresh chopped

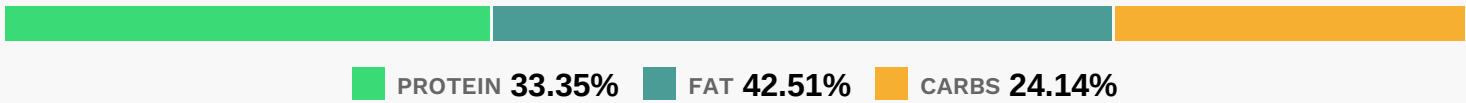
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°. Spray rectangular baking dish, 13x9x2 inches, with
- ☐ cooking spray.
- ☐ Mix rice, contents of seasoning packets and water in baking dish.
- ☐ Place ham over rice.
- ☐ Place chicken tenders over ham. Spoon pasta sauce over each
- ☐ chicken tender; sprinkle with paprika.
- ☐ Cover with aluminum foil and bake 40 minutes. Uncover and bake about 20
- ☐ minutes longer or until rice is tender and chicken is no longer pink in center.
- ☐ Sprinkle with cheese.
- ☐ Bake uncovered about 5 minutes or until cheese is melted.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:17.19, Inflammation Score:-7, Nutrition Score:28.306956457055%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 520.34kcal (26.02%), Fat: 24.66g (37.93%), Saturated Fat: 11.85g (74.05%), Carbohydrates: 31.5g (10.5%), Net Carbohydrates: 27.31g (9.93%), Sugar: 1.23g (1.36%), Cholesterol: 121.09mg (40.36%), Sodium: 654.16mg (28.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.53g (87.05%), Manganese: 1.92mg (96.24%), Selenium: 59.25µg (84.64%), Phosphorus: 692.58mg (69.26%), Vitamin B3: 9.94mg (49.71%), Calcium: 442.9mg (44.29%), Magnesium: 161.09mg (40.27%), Vitamin B6: 0.77mg (38.41%), Vitamin B12: 1.98µg (33.01%), Zinc: 4.52mg (30.15%), Vitamin B1: 0.4mg (26.35%), Vitamin B2: 0.37mg (22.01%), Vitamin B5: 1.73mg (17.34%), Fiber: 4.19g (16.76%), Potassium: 570.81mg (16.31%), Iron: 2.8mg (15.56%), Vitamin A: 630.14IU (12.6%), Copper: 0.23mg (11.53%), Vitamin K: 11.38µg (10.84%), Folate: 23.95µg (5.99%), Vitamin E: 0.75mg (5.02%), Vitamin D: 0.41µg (2.73%), Vitamin C: 1.69mg (2.04%)