



## Chicken Breasts Stuffed with Prosciutto and Gruyère Cheese (Chicken Cordon Bleu)

READY IN



105 min.

SERVINGS



4

CALORIES



498 kcal

SIDE DISH

### Ingredients

- 4 servings pepper black freshly ground
- 0.3 cup dijon mustard
- 4 ounces gruyere cheese thinly sliced into 3-by-1-inch planks
- 4 servings kosher salt
- 2 tablespoons olive oil
- 1 cup panko bread crumbs
- 3 ounces pancetta thin
- 20 ounce chicken breast boneless skinless

## Equipment

- frying pan
- baking sheet
- oven
- whisk
- plastic wrap
- toothpicks
- aluminum foil
- rolling pin
- cutting board
- meat tenderizer

## Directions

- Heat the oven to 375°F and arrange a rack in the middle. Line a baking sheet with aluminum foil and set it aside.
- Place the panko and 1 tablespoon of the oil in a shallow dish, season with salt and pepper, and use your hands to combine evenly.
- Place the Dijon and the remaining 4 teaspoons of oil in another shallow dish and whisk to combine. Set both dishes aside.
- Cut each chicken breast in half horizontally.
- Place 1 chicken piece on a work surface, cover with plastic wrap, and pound to an even 1/4-inch thickness with a meat mallet, a rolling pin, or the bottom of a pan; transfer to a large plate. Repeat with the remaining pieces of chicken.
- Lay the chicken on a cutting board and season both sides with salt and pepper. Arrange the pieces so the narrowest ends face you.
- Place 1 piece of prosciutto on top of a piece of chicken vertically, and a second piece perpendicular, making a cross pattern. Center a quarter of the cheese over the prosciutto horizontally. Fold both pieces of prosciutto over the cheese to completely cover and enclose it. Fold the bottom of the chicken up over the cheese-and-prosciutto bundle to enclose it, then roll tightly into a cylinder. Use 2 toothpicks to secure the roll; set aside. Repeat with the

remaining chicken, prosciutto, and cheese. Dip 1 chicken piece in the Dijon mixture and roll to coat it in a thin, even layer. Then place it in the panko, roll to coat, and press the breadcrumbs onto the chicken to adhere.

- Place the breaded chicken on the prepared baking sheet and repeat with the remaining chicken cylinders, spacing them evenly on the sheet.
- Bake until the cheese is melted and the chicken is cooked all the way through, about 45 minutes.
- Remove the toothpicks and serve immediately.

## Nutrition Facts

**PROTEIN 35.82%** **FAT 54.33%** **CARBS 9.85%**

### Properties

Glycemic Index:16, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:22.486086938692%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

### Nutrients (% of daily need)

Calories: 498.21kcal (24.91%), Fat: 29.59g (45.53%), Saturated Fat: 10.18g (63.6%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 10.69g (3.89%), Sugar: 1.25g (1.39%), Cholesterol: 135.94mg (45.31%), Sodium: 982.54mg (42.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.9g (87.8%), Selenium: 62.82µg (89.74%), Vitamin B3: 16.75mg (83.77%), Vitamin B6: 1.17mg (58.52%), Phosphorus: 541.52mg (54.15%), Calcium: 332.37mg (33.24%), Vitamin B5: 2.43mg (24.28%), Vitamin B1: 0.34mg (22.73%), Potassium: 643.71mg (18.39%), Vitamin B2: 0.31mg (18.17%), Zinc: 2.5mg (16.65%), Magnesium: 63.71mg (15.93%), Vitamin B12: 0.9µg (14.93%), Manganese: 0.24mg (12.22%), Vitamin E: 1.52mg (10.1%), Iron: 1.68mg (9.35%), Vitamin A: 330.74IU (6.61%), Folate: 25.66µg (6.42%), Vitamin K: 6.65µg (6.33%), Fiber: 1.37g (5.48%), Copper: 0.11mg (5.38%), Vitamin D: 0.4µg (2.65%), Vitamin C: 1.76mg (2.14%)