



Chicken Cordon Bleu

READY IN



25 min.

SERVINGS



8

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounces double chicken breasts boneless skinless
- ☐ 8 slices deli ham thin
- ☐ 2 eggs
- ☐ 0.3 cup flour
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 teaspoon olive oil
- ☐ 1 cup panko bread crumbs
- ☐ 16 slices swiss cheese thin

☐ 2 teaspoons water

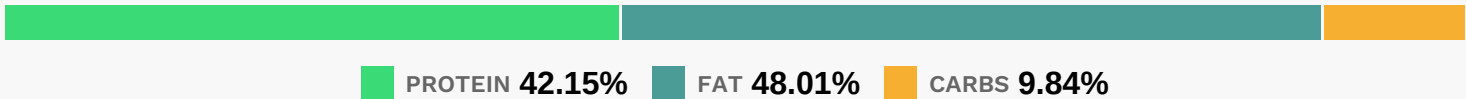
Equipment

- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Lay the chicken between 2 pieces of plastic wrap. Using the flat side of a meat mallet, gently pound the chicken to 1/4-inch thickness. Take care not to pound too hard because the meat may tear or create holes.
- ☐ Lay 2 slices of cheese on each breast, followed by 2 slices of ham, and 2 more of cheese; leaving a 1/2-inch margin on all sides to help seal the roll. Tuck in the sides of the breast and roll up tight like a jellyroll. Squeeze the log gently to seal.
- ☐ Season the flour with salt and pepper; spread out on waxed paper or in a flat dish.
- ☐ Mix the breadcrumbs with thyme, kosher salt, pepper, and oil. The oil will help the crust brown. Beat together the eggs and water, the mixture should be fluid. Lightly dust the chicken with flour, then dip in the egg mixture. Gently coat in the bread crumbs. Carefully transfer the roulades to a baking pan and bake for 20 minutes until browned and cooked through.
- ☐ Cut into pinwheels before serving.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:2.32, Inflammation Score:-7, Nutrition Score:19.764782786369%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 379.52kcal (18.98%), Fat: 19.8g (30.46%), Saturated Fat: 8.94g (55.86%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 8.6g (3.13%), Sugar: 0.52g (0.57%), Cholesterol: 153.4mg (51.13%), Sodium: 581.09mg (25.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.11g (78.23%), Selenium: 54.94µg (78.48%), Vitamin B3: 12.37mg (61.83%), Phosphorus: 502.51mg (50.25%), Vitamin B6: 0.9mg (45.25%), Calcium: 332.5mg (33.25%), Vitamin B12: 1.53µg (25.48%), Vitamin B1: 0.34mg (22.9%), Vitamin B2: 0.37mg (21.56%), Zinc: 3mg (20%), Vitamin B5: 1.92mg (19.18%), Potassium: 509.79mg (14.57%), Magnesium: 48.73mg (12.18%), Iron: 1.49mg (8.28%), Vitamin A: 395.67IU (7.91%), Folate: 28.45µg (7.11%), Manganese: 0.14mg (7.02%), Copper: 0.1mg (5.15%), Vitamin E: 0.69mg (4.6%), Vitamin D: 0.52µg (3.43%), Vitamin C: 1.99mg (2.41%), Fiber: 0.54g (2.15%), Vitamin K: 1.68µg (1.6%)