



Chicken Cordon Bleu

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 5 teaspoons butter melted
- ☐ 0.5 cup breadcrumbs dry
- ☐ 0.3 cup fat-skimmed beef broth fat-free
- ☐ 1 large garlic clove minced
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 1 tablespoon parmesan fresh grated
- ☐ 1 ounce part-skim mozzarella cheese shredded

- ☐ 2 ounces pancetta thin
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 35
- ☐ Place broth in a small microwave-safe bowl; microwave at high 15 seconds or until warm. Stir in butter and garlic.
- ☐ Combine breadcrumbs, Parmigiano-Reggiano, and paprika in a medium shallow bowl; set aside.
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and pound each to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Sprinkle both sides of chicken with salt, oregano, and pepper. Top each breast half with 1 slice of prosciutto and 1 tablespoon mozzarella.
- ☐ Roll up each breast half jelly-roll fashion. Dip each roll in chicken broth mixture; dredge in breadcrumb mixture.
- ☐ Place rolls, seam side down, in an 8-inch square baking dish coated with cooking spray.
- ☐ Pour remaining broth mixture over chicken.
- ☐ Bake at 350 for 28 minutes or until juices run clear and tops are golden.

Nutrition Facts



 PROTEIN **45.77%**  FAT **42.45%**  CARBS **11.78%**

Properties

Glycemic Index:39.75, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:20.925217431525%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 377.8kcal (18.89%), Fat: 17.37g (26.72%), Saturated Fat: 7.16g (44.76%), Carbohydrates: 10.84g (3.61%), Net Carbohydrates: 9.96g (3.62%), Sugar: 1.02g (1.13%), Cholesterol: 137.04mg (45.68%), Sodium: 697.95mg (30.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.14g (84.28%), Vitamin B3: 19.36mg (96.81%), Selenium: 62.51µg (89.3%), Vitamin B6: 1.36mg (67.9%), Phosphorus: 447.54mg (44.75%), Vitamin B5: 2.63mg (26.32%), Potassium: 714.42mg (20.41%), Vitamin B1: 0.29mg (19.01%), Vitamin B2: 0.27mg (16.15%), Magnesium: 55.81mg (13.95%), Calcium: 111.35mg (11.14%), Zinc: 1.62mg (10.82%), Vitamin A: 505.46IU (10.11%), Manganese: 0.2mg (9.84%), Vitamin B12: 0.57µg (9.51%), Iron: 1.56mg (8.69%), Folate: 22.89µg (5.72%), Copper: 0.1mg (4.98%), Vitamin E: 0.72mg (4.82%), Fiber: 0.88g (3.53%), Vitamin K: 3.2µg (3.05%), Vitamin C: 2.28mg (2.77%), Vitamin D: 0.25µg (1.7%)