



Chicken Cordon Bleu

READY IN



48 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 2 garlic clove minced
- ☐ 10 tablespoons gruyere cheese shredded divided
- ☐ 1.3 ounces pancetta
- ☐ 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 teaspoon salt

- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 tablespoon water

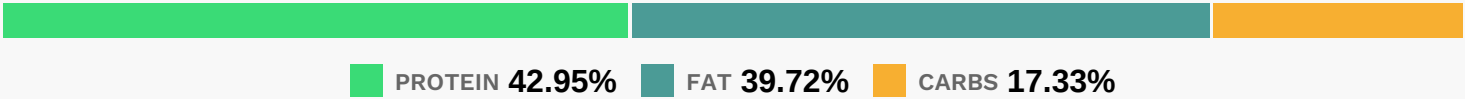
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ toothpicks

Directions

- ☐ Preheat oven to 35
- ☐ Place chicken between 2 sheets of plastic wrap; pound to 1/4-inch thickness.
- ☐ Sprinkle chicken evenly with pepper and salt.
- ☐ Heat a skillet over medium heat.
- ☐ Add panko; cook 2 minutes or until toasted, stirring often.
- ☐ Remove from heat.
- ☐ Place flour in a dish.
- ☐ Combine 1 tablespoon water and egg in a bowl; lightly beat.
- ☐ Pour egg mixture into a dish.
- ☐ Combine panko, 2 tablespoons cheese, thyme, and garlic in a dish.
- ☐ Working with 1 piece of chicken at a time, dredge in flour. Dip in egg mixture; dredge in panko mixture. Top with 1 pancetta slice and 2 tablespoons cheese.
- ☐ Roll up; secure with a toothpick.
- ☐ Place roll, seam side down, on a wire rack coated with cooking spray.
- ☐ Place rack on a baking sheet. Repeat procedure with remaining ingredients.
- ☐ Bake at 350 for 25 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:8.88, Inflammation Score:-9, Nutrition Score:27.222609063853%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 507.34kcal (25.37%), Fat: 21.85g (33.61%), Saturated Fat: 9.69g (60.58%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 20.17g (7.34%), Sugar: 0.94g (1.04%), Cholesterol: 201.87mg (67.29%), Sodium: 766.31mg (33.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.16g (106.31%), Selenium: 73.77µg (105.38%), Vitamin B3: 19.86mg (99.3%), Vitamin B6: 1.39mg (69.73%), Phosphorus: 658.34mg (65.83%), Calcium: 423.36mg (42.34%), Vitamin B5: 3.02mg (30.23%), Vitamin B2: 0.47mg (27.67%), Vitamin B1: 0.4mg (26.4%), Potassium: 752.89mg (21.51%), Zinc: 3.02mg (20.13%), Vitamin B12: 1.13µg (18.78%), Magnesium: 72.02mg (18%), Manganese: 0.33mg (16.68%), Folate: 57.88µg (14.47%), Iron: 2.57mg (14.29%), Vitamin A: 556.9IU (11.14%), Copper: 0.14mg (6.99%), Vitamin C: 5.31mg (6.44%), Fiber: 1.27g (5.07%), Vitamin D: 0.68µg (4.52%), Vitamin E: 0.62mg (4.12%), Vitamin K: 2.6µg (2.48%)