



Chicken Cordon Bleu

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 4 ounces gruyere cheese thinly sliced
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 4 ounces ham smoked thinly sliced
- ☐ 32 oz chicken breast halves

Equipment

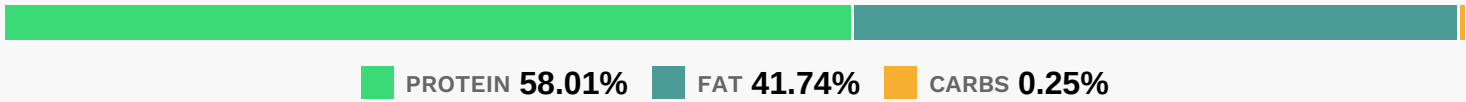
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Heat oil in a large, ovenproof, nonstick frying pan.
- ☐ Sprinkle each chicken breast with 1/4 tsp. salt and lay in hot oil. Cook until browned on one side, about 5 minutes. Turn chicken over and transfer pan to oven.
- ☐ Cook chicken until no longer pink in the center, about 10 minutes.
- ☐ Spread each breast with 1/2 tsp. mustard. Top each with ham, then cheese, dividing evenly. Return to oven until cheese melts.
- ☐ Serve with a green salad.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:25.038260996342%

Nutrients (% of daily need)

Calories: 436.16kcal (21.81%), Fat: 19.64g (30.21%), Saturated Fat: 7.48g (46.75%), Carbohydrates: 0.26g (0.09%), Net Carbohydrates: 0.16g (0.06%), Sugar: 0.17g (0.18%), Cholesterol: 189.94mg (63.31%), Sodium: 1418.6mg (61.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.41g (122.82%), Vitamin B3: 23.7mg (118.49%), Selenium: 77.54µg (110.77%), Vitamin B6: 1.72mg (86.17%), Phosphorus: 716.54mg (71.65%), Vitamin B5: 3.4mg (33.99%), Calcium: 302.47mg (30.25%), Potassium: 941.99mg (26.91%), Magnesium: 79.18mg (19.79%), Zinc: 2.95mg (19.68%), Vitamin B2: 0.31mg (18.09%), Vitamin B12: 0.91µg (15.12%), Vitamin B1: 0.17mg (11.13%), Iron: 1.32mg (7.33%), Copper: 0.14mg (7.03%), Vitamin E: 1.02mg (6.82%), Vitamin A: 338.57IU (6.77%), Vitamin C: 2.73mg (3.31%), Vitamin K: 3.36µg (3.2%), Folate: 12.08µg (3.02%), Vitamin D: 0.4µg (2.65%), Manganese: 0.05mg (2.54%)