



Chicken Cordon Bleu

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1.5 lb chicken breast
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 2 oz pancetta very thin
- ☐ 2.8 oz swiss cheese

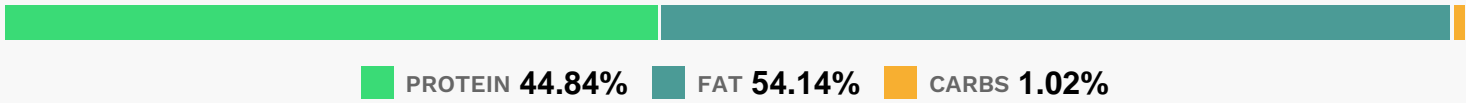
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat broiler with oven rack 4 inches from heat. Butterfly chicken breasts by making a lengthwise cut in 1 side of each, cutting through the opposite side; unfold.
- ☐ Sprinkle with salt and pepper.
- ☐ Cook chicken in hot oil in a large saut pan 5 minutes on each side or until well browned and done.
- ☐ Transfer chicken to a baking sheet, and spread tops with mustard. Top with Swiss cheese and pancetta. Broil 3 minutes or until cheese is melted and pancetta is crisp.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:20.668695869653%

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: 396.43kcal (19.82%), Fat: 23.33g (35.89%), Saturated Fat: 7.44g (46.52%), Carbohydrates: 0.99g (0.33%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.06g (0.06%), Cholesterol: 136.67mg (45.56%), Sodium: 950.72mg (41.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.47g (86.94%), Selenium: 64.55µg (92.22%), Vitamin B3: 18.35mg (91.75%), Vitamin B6: 1.33mg (66.48%), Phosphorus: 496.36mg (49.64%), Vitamin B5: 2.61mg (26.06%), Potassium: 683.98mg (19.54%), Calcium: 190.84mg (19.08%), Vitamin B12: 1.01µg (16.84%), Vitamin B2: 0.25mg (14.42%), Magnesium: 55.15mg (13.79%), Zinc: 2.05mg (13.68%), Vitamin B1: 0.16mg (10.52%), Vitamin E: 1.53mg (10.2%), Manganese: 0.11mg (5.45%), Vitamin K: 5.71µg (5.44%), Iron: 0.87mg (4.81%), Vitamin A: 226.38IU (4.53%), Copper: 0.07mg (3.55%), Vitamin C: 2.06mg (2.49%), Folate: 8.94µg (2.23%), Vitamin D: 0.23µg (1.51%), Fiber: 0.29g (1.15%)