



 **70%**
HEALTH SCORE

Chicken Cordon Bleu

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1959 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 slices oscar mayer deli ham smoked fresh
- 4 tsp grey poupon dijon mustard
- 0.3 cup cholesterol-free egg product
- 0.5 cup seasoned bread crumbs dry
- 1 lb chicken breasts boneless skinless
- 4 slim cut swiss cheese kraft

Equipment

- oven

baking pan

Directions

Heat oven to 350F.

Place chicken, top sides down, on work surface; spread with mustard. Top with ham and cheese.

Roll up tightly, starting at one short end of each.

Dip chicken in egg product, then roll in bread crumbs until evenly coated on all sides.

Place, seam sides down, in 13x9-inch baking dish sprayed with cooking spray.

Bake 40 to 45 min. or until chicken is done (165F), covering after 25 min.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:0.33, Inflammation Score:-9, Nutrition Score:61.821304445681%

Nutrients (% of daily need)

Calories: 1958.65kcal (97.93%), Fat: 100.84g (155.14%), Saturated Fat: 38.46g (240.38%), Carbohydrates: 43.72g (14.57%), Net Carbohydrates: 39.92g (14.52%), Sugar: 4.03g (4.48%), Cholesterol: 863.78mg (287.93%), Sodium: 5776.91mg (251.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 206.67g (413.33%), Selenium: 288.38µg (411.97%), Vitamin B3: 66.21mg (331.04%), Vitamin B6: 4.98mg (248.8%), Phosphorus: 2350.08mg (235.01%), Vitamin B1: 2.96mg (197.6%), Vitamin B2: 2.03mg (119.68%), Zinc: 15.43mg (102.86%), Vitamin B12: 6.04µg (100.7%), Vitamin B5: 9.97mg (99.66%), Potassium: 2967.91mg (84.8%), Calcium: 818.56mg (81.86%), Magnesium: 251.13mg (62.78%), Iron: 9.38mg (52.1%), Manganese: 0.81mg (40.75%), Folate: 145.21µg (36.3%), Copper: 0.65mg (32.64%), Vitamin D: 4.43µg (29.5%), Vitamin K: 30µg (28.57%), Vitamin A: 1267.88IU (25.36%), Vitamin E: 3.56mg (23.71%), Fiber: 3.8g (15.2%), Vitamin C: 7.14mg (8.66%)