



WHATSheATE



Chicken Cordon Bleu Bites

READY IN



50 min.

SERVINGS



12

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.5 cup bread crumbs



12 servings canola oil for pan-frying



0.3 cup ham diced cooked



1 eggs



9 ounces ground chicken



8 ounces swiss cheese cut into 1/2 inch cubes

Equipment



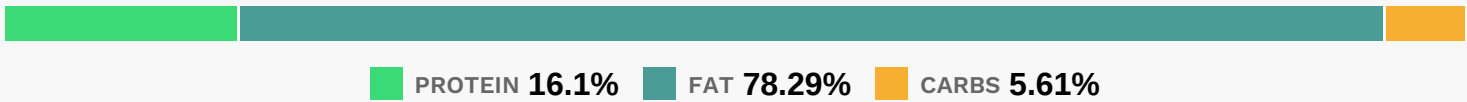
bowl

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine the chicken, ham, and egg in a large bowl until well blended. Gradually add bread crumbs until the mixture loses its stickiness and can be easily formed into balls.
- ☐ Form the chicken mixture around the cheese cubes, forming 2 inch balls.
- ☐ Place on a plate.
- ☐ Heat 1 1/2 inches of oil in a deep skillet to 350 degrees F (175 degrees C). Fry the balls until the outsides are golden brown, about 4 minutes.
- ☐ Drain on paper towels, and place in baking dish.
- ☐ Bake in preheated oven until cooked through and cheese is soft, about 20 minutes. Cool briefly before serving.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:6.4982608375342%

Nutrients (% of daily need)

Calories: 254kcal (12.7%), Fat: 22.25g (34.24%), Saturated Fat: 5.13g (32.05%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 3.39g (1.23%), Sugar: 0.33g (0.37%), Cholesterol: 50.77mg (16.92%), Sodium: 116.83mg (5.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.6%), Calcium: 179.77mg (17.98%), Vitamin E: 2.66mg (17.75%), Phosphorus: 161.02mg (16.1%), Selenium: 10.12µg (14.45%), Vitamin B12: 0.74µg (12.3%), Vitamin K: 10.72µg (10.21%), Vitamin B2: 0.14mg (8.44%), Zinc: 1.25mg (8.34%), Vitamin B3: 1.5mg (7.49%), Vitamin B6: 0.13mg (6.69%), Vitamin B1: 0.07mg (4.68%), Potassium: 138.29mg (3.95%), Vitamin B5: 0.39mg (3.94%), Vitamin A: 176.67IU (3.53%), Magnesium: 13.08mg (3.27%), Iron: 0.5mg (2.75%), Manganese: 0.05mg (2.34%), Folate: 8.45µg (2.11%), Copper: 0.04mg (1.84%)