



Chicken Cordon Bleu I

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices ham cooked
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup seasoned bread crumbs
- ☐ 4 chicken breast halves boneless skinless
- ☐ 6 slices swiss cheese

Equipment

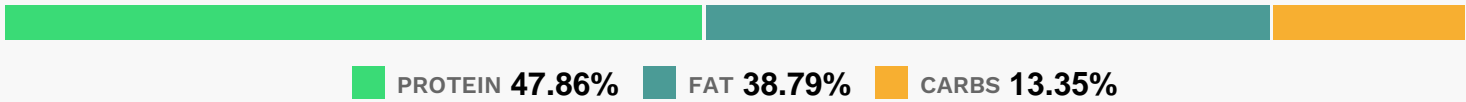
- ☐ oven

- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Coat a 7x11 inch baking dish with nonstick cooking spray.
- ☐ Pound chicken breasts to 1/4 inch thickness.
- ☐ Sprinkle each piece of chicken on both sides with salt and pepper.
- ☐ Place 1 cheese slice and 1 ham slice on top of each breast.
- ☐ Roll up each breast, and secure with a toothpick.
- ☐ Place in baking dish, and sprinkle chicken evenly with bread crumbs.
- ☐ Bake for 30 to 35 minutes, or until chicken is no longer pink.
- ☐ Remove from oven, and place 1/2 cheese slice on top of each breast. Return to oven for 3 to 5 minutes, or until cheese has melted.
- ☐ Remove toothpicks, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:20.009564949119%

Nutrients (% of daily need)

Calories: 328.36kcal (16.42%), Fat: 13.79g (21.21%), Saturated Fat: 5.97g (37.3%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 9.93g (3.61%), Sugar: 0.86g (0.96%), Cholesterol: 116.63mg (38.88%), Sodium: 847.41mg (36.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.28g (76.55%), Selenium: 53.09µg (75.84%), Vitamin B3: 13.72mg (68.6%), Phosphorus: 492.08mg (49.21%), Vitamin B6: 0.96mg (48.09%), Calcium: 261.95mg (26.19%), Vitamin B1: 0.37mg (24.52%), Vitamin B12: 1.44µg (24.06%), Vitamin B5: 2.06mg (20.58%), Vitamin B2: 0.32mg (18.78%), Zinc: 2.61mg (17.4%), Potassium: 550.4mg (15.73%), Magnesium: 50.69mg (12.67%), Vitamin C: 8.28mg (10.04%), Manganese: 0.19mg (9.37%), Iron: 1.43mg (7.97%), Vitamin K: 7.59µg (7.22%), Folate: 25.52µg (6.38%), Copper: 0.11mg (5.6%), Vitamin A: 274.84IU (5.5%), Fiber: 0.75g (3%), Vitamin E: 0.41mg (2.72%)