



Chicken Cordon Bleu II

 Popular

READY IN



60 min.

SERVINGS



6

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons butter
- 1 teaspoon chicken soup base
- 1 tablespoon cornstarch
- 0.5 cup cooking wine dry white
- 3 tablespoons flour all-purpose
- 6 slices ham
- 1 cup heavy whipping cream
- 1 teaspoon paprika

- 6 chicken breast halves boneless skinless
- 6 slices swiss cheese

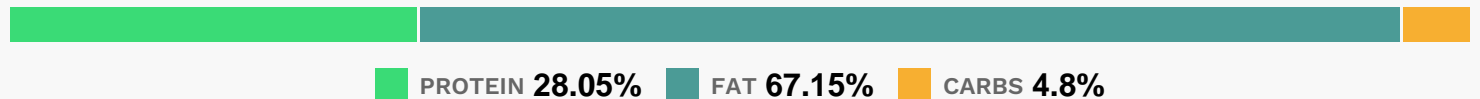
Equipment

- bowl
- frying pan
- whisk
- toothpicks

Directions

- Pound chicken breasts if they are too thick.
- Place a cheese and ham slice on each breast within 1/2 inch of the edges. Fold the edges of the chicken over the filling, and secure with toothpicks.
- Mix the flour and paprika in a small bowl, and coat the chicken pieces.
- Heat the butter in a large skillet over medium-high heat, and cook the chicken until browned on all sides.
- Add the wine and bouillon. Reduce heat to low, cover, and simmer for 30 minutes, until chicken is no longer pink and juices run clear.
- Remove the toothpicks, and transfer the breasts to a warm platter. Blend the cornstarch with the cream in a small bowl, and whisk slowly into the skillet. Cook, stirring until thickened, and pour over the chicken.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:2.23, Inflammation Score:-7, Nutrition Score:18.780869740507%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 535.88kcal (26.79%), Fat: 38.69g (59.53%), Saturated Fat: 21.75g (135.96%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 5.99g (2.18%), Sugar: 1.46g (1.62%), Cholesterol: 180.46mg (60.15%), Sodium: 676.63mg (29.42%), Alcohol: 2.06g (100%), Alcohol %: 1.1% (100%), Protein: 36.37g (72.75%), Selenium: 50.41µg (72.01%), Vitamin B3: 13.36mg (66.81%), Vitamin B6: 1mg (49.9%), Phosphorus: 430.59mg (43.06%), Vitamin A: 1272.15IU (25.44%), Vitamin B5: 1.96mg (19.63%), Vitamin B2: 0.33mg (19.58%), Calcium: 192.23mg (19.22%), Vitamin B1: 0.28mg (18.86%), Vitamin B12: 1.01µg (16.78%), Potassium: 578.18mg (16.52%), Zinc: 2.22mg (14.81%), Magnesium: 47.01mg (11.75%), Vitamin E: 1.21mg (8.05%), Vitamin D: 0.94µg (6.29%), Iron: 1.03mg (5.75%), Folate: 16.23µg (4.06%), Manganese: 0.08mg (3.88%), Copper: 0.08mg (3.77%), Vitamin K: 3.07µg (2.93%), Vitamin C: 1.6mg (1.94%)