






 **19%**
HEALTH SCORE

Chicken Cordon Bleu in Pastry

READY IN

45 min.

SERVINGS

4

CALORIES

664 kcal

LUNCH

MAIN COURSE

MAIN DISH

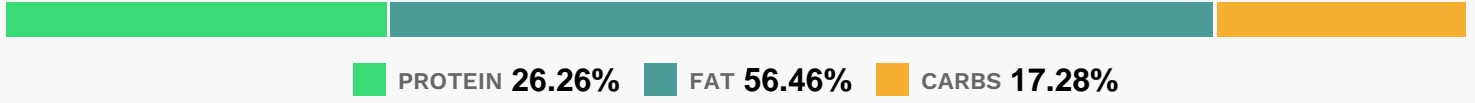
DINNER

Ingredients

- 4 ounces finely-chopped ham cooked
- 1 eggs
- 1 tablespoon butter
- 4 teaspoons dijon mustard dijon-style
- 1 sheet puff pastry frozen
- 1 pound chicken breast halves boneless skinless
- 4 ounces swiss cheese
- 1 tablespoon water

Equipment

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:15.08, Inflammation Score:-6, Nutrition Score:24.63347826087%

Nutrients (% of daily need)

Calories: 664.36kcal (33.22%), Fat: 41.25g (63.47%), Saturated Fat: 13.13g (82.08%), Carbohydrates: 28.41g (9.47%), Net Carbohydrates: 27.27g (9.92%), Sugar: 0.56g (0.63%), Cholesterol: 160.56mg (53.52%), Sodium: 767.75mg (33.38%), Protein: 43.17g (86.34%), Selenium: 70.33µg (100.48%), Vitamin B3: 15.44mg (77.21%), Phosphorus: 548.38mg (54.84%), Vitamin B6: 0.98mg (48.85%), Vitamin B1: 0.48mg (32.26%), Vitamin B2: 0.5mg (29.12%), Calcium: 276.28mg (27.63%), Vitamin B12: 1.58µg (26.4%), Vitamin B5: 2.17mg (21.72%), Zinc: 3.03mg (20.18%), Manganese: 0.35mg (17.73%), Potassium: 580.88mg (16.6%), Folate: 61.27µg (15.32%), Magnesium: 58.45mg (14.61%), Iron: 2.54mg (14.1%), Vitamin K: 10.59µg (10.09%), Vitamin C: 7.99mg (9.69%), Vitamin A: 458.08IU (9.16%), Copper: 0.16mg (7.92%), Vitamin E: 0.96mg (6.39%), Fiber: 1.13g (4.53%), Vitamin D: 0.33µg (2.22%)