



Chicken Cordon Bleu-ish Grilled Sandwich

READY IN



15 min.

SERVINGS



1

CALORIES



938 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon barbecue sauce
- 2 slices bread
- 1 chicken breast half cooked
- 2 slices honey-cured deli ham
- 2 tablespoons butter divided
- 2 slices swiss cheese

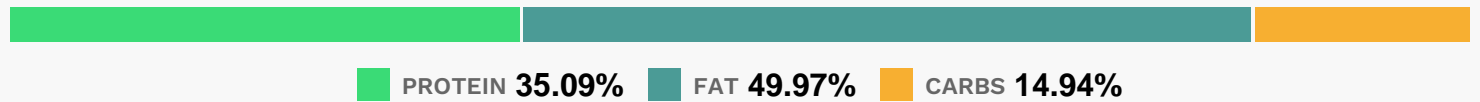
Equipment

- frying pan

Directions

- Spread one side of each slice of bread with margarine, and place a bread slice, margarine-side down, into a nonstick skillet over medium heat.
- Place a slice of Swiss cheese, the cooked chicken breast, a layer of barbecue sauce, the ham slices, and the remaining Swiss cheese slice onto the bread slice in the skillet. Top the sandwich with the other bread slice, margarine-side up.
- Gently fry the sandwich, flipping once, until the cheese is melted and gooey, and the bread is golden brown on both sides, about 5 minutes per side.

Nutrition Facts



Properties

Glycemic Index:85.67, Glycemic Load:14.42, Inflammation Score:-8, Nutrition Score:32.7882607955%

Nutrients (% of daily need)

Calories: 938.36kcal (46.92%), Fat: 51.26g (78.86%), Saturated Fat: 16.35g (102.18%), Carbohydrates: 34.48g (11.49%), Net Carbohydrates: 32.08g (11.67%), Sugar: 9.02g (10.02%), Cholesterol: 212.54mg (70.85%), Sodium: 1564.07mg (68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 81g (162%), Vitamin B3: 29.34mg (146.72%), Selenium: 86.77µg (123.96%), Phosphorus: 789.34mg (78.93%), Vitamin B6: 1.35mg (67.32%), Vitamin B1: 0.7mg (46.51%), Calcium: 416.49mg (41.65%), Manganese: 0.73mg (36.42%), Vitamin B2: 0.58mg (34.36%), Zinc: 5.12mg (34.11%), Vitamin B12: 2µg (33.3%), Vitamin A: 1360.2IU (27.2%), Vitamin B5: 2.57mg (25.73%), Iron: 4.45mg (24.71%), Magnesium: 97.82mg (24.45%), Potassium: 755.94mg (21.6%), Folate: 59.85µg (14.96%), Vitamin E: 1.98mg (13.23%), Copper: 0.24mg (12.11%), Fiber: 2.4g (9.59%), Vitamin K: 4.05µg (3.86%), Vitamin D: 0.56µg (3.76%)