



Chicken Cordon Bleu Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



626 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

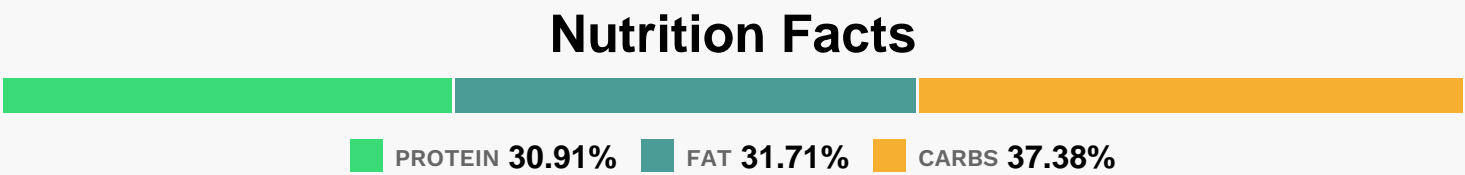
- ☐ 0.3 teaspoon pepper black
- ☐ 4 ounces deli honey ham diced lean
- ☐ 1 tablespoon dijon mustard
- ☐ 8 ounces extra wide egg noodles uncooked
- ☐ 2 cups skim milk fat-free divided
- ☐ 0.3 cup flour all-purpose
- ☐ 6 ounces jarlsberg cheese shredded
- ☐ 1 cup peas frozen thawed
- ☐ 2 cups chicken breast boneless skinless chopped

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ While noodles cook, lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Combine flour and 1/4 cup milk in a heavy saucepan, stirring with a whisk until smooth.
- ☐ Place the pan over medium heat; whisk in 1 3/4 cups milk and mustard. Cook 6 minutes or until mixture begins to thicken, stirring frequently. Reduce heat to low.
- ☐ Add the cheese, stirring until melted. Stir in the chicken, peas, ham, and black pepper, and serve over noodles.



Properties

Glycemic Index:65.15, Glycemic Load:24.69, Inflammation Score:-7, Nutrition Score:27.83782626235%

Nutrients (% of daily need)

Calories: 625.98kcal (31.3%), Fat: 21.81g (33.56%), Saturated Fat: 10.49g (65.58%), Carbohydrates: 57.86g (19.29%), Net Carbohydrates: 53.52g (19.46%), Sugar: 9.38g (10.43%), Cholesterol: 147.25mg (49.08%), Sodium: 802.26mg (34.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.84g (95.69%), Selenium: 82.15µg (117.35%), Vitamin B3: 11.66mg (58.32%), Phosphorus: 537.72mg (53.77%), Calcium: 504.05mg (50.41%), Vitamin B6: 0.93mg (46.53%), Manganese: 0.74mg (36.86%), Vitamin B1: 0.55mg (36.56%), Vitamin B2: 0.44mg (25.78%), Potassium: 805.6mg (23.02%), Vitamin B5: 2.24mg (22.38%), Magnesium: 88.17mg (22.04%), Zinc: 3.26mg (21.75%), Vitamin B12: 1.21µg (20.11%), Vitamin C: 15.41mg (18.68%), Vitamin A: 891.95IU (17.84%), Fiber: 4.34g (17.36%), Folate: 60.89µg (15.22%), Copper: 0.29mg (14.71%), Iron: 2.57mg (14.27%), Vitamin D: 1.79µg (11.94%), Vitamin K: 9.71µg (9.25%), Vitamin E: 0.52mg (3.47%)