



## Chicken Cordon Bleu Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter divided melted
- 1 pinch cayenne pepper to taste
- 1 cup chicken breast diced cooked
- 0.5 cup ham smoked diced
- 1.5 teaspoons dijon mustard
- 0.3 cup dill pickles diced
- 0.3 teaspoon thyme leaves dried
- 2 tablespoons bread crumbs dry
- 2 tablespoons flour all-purpose

- 4 slices bread french toasted (1/)
- 1 pinch ground nutmeg
- 0.3 cup gruyère cheese shredded
- 1 tablespoon milk
- 0.5 cup onion diced
- 4 servings salt and pepper black freshly ground to taste

## Equipment

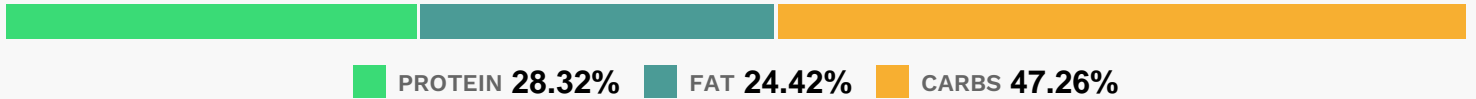
- bowl
- baking sheet
- sauce pan
- oven
- aluminum foil

## Directions

- Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with heavy-duty aluminum foil.
- Combine bread crumbs and 1 teaspoon melted butter in a small bowl.
- Melt 2 tablespoons butter in a saucepan over medium heat. Cook and stir ham and onion in melted butter until onion turns translucent, about 5 minutes. Stir in thyme and cook for 1 minute.
- Add flour and cook, stirring constantly, until flour has lost its raw smell, about 3 minutes.
- Remove from heat and pour in 1/2 cup plus 1 tablespoon milk.
- Place saucepan back over medium heat and cook, stirring constantly, until sauce is thick, 1 to 2 minutes.
- Remove saucepan from heat and add 1/2 cup shredded Gruyere cheese, Dijon mustard, salt, black pepper, cayenne pepper, and nutmeg. Stir to combine.
- Stir chicken and diced pickle into cheese sauce.
- Place toasted bread slices on the prepared baking sheet.

- Brush one side of each bread slice with 3/4 teaspoon melted butter. Turn slices over and top each with 1/4 of the cheese sauce.
- Sprinkle 1 tablespoon shredded Gruyere cheese over the top of each sandwich. Top with bread crumb mixture.
- Bake sandwiches in the preheated oven until cheese is bubbling and chicken mixture is hot, 15 to 20 minutes.

## Nutrition Facts



### Properties

Glycemic Index:109.13, Glycemic Load:28.23, Inflammation Score:-6, Nutrition Score:15.537391229816%

### Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

### Nutrients (% of daily need)

Calories: 359.72kcal (17.99%), Fat: 9.71g (14.94%), Saturated Fat: 4.53g (28.34%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 39.94g (14.52%), Sugar: 4.57g (5.08%), Cholesterol: 57mg (19%), Sodium: 882.41mg (38.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.34g (50.68%), Selenium: 32.55µg (46.5%), Vitamin B3: 8.5mg (42.52%), Vitamin B1: 0.58mg (38.82%), Phosphorus: 273.5mg (27.35%), Folate: 98.31µg (24.58%), Manganese: 0.48mg (23.88%), Vitamin B2: 0.39mg (23.16%), Iron: 3.76mg (20.9%), Vitamin B6: 0.33mg (16.26%), Calcium: 151.87mg (15.19%), Zinc: 1.91mg (12.71%), Magnesium: 48.01mg (12%), Copper: 0.2mg (10.11%), Fiber: 2.35g (9.41%), Potassium: 293.63mg (8.39%), Vitamin B5: 0.7mg (6.96%), Vitamin B12: 0.29µg (4.91%), Vitamin A: 210.77IU (4.22%), Vitamin K: 4.24µg (4.04%), Vitamin E: 0.38mg (2.51%), Vitamin C: 1.73mg (2.1%)