



Chicken Cordon Bleu Sandwiches

READY IN



25 min.

SERVINGS



4

CALORIES



685 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch arugula
- ☐ 1 baguette
- ☐ 4 slices forest ham black
- ☐ 4 chicken cutlets
- ☐ 3 tablespoons dijon mustard
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 8 slices mozzarella cheese smoked
- ☐ 1.5 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 3 tablespoons butter unsalted softened

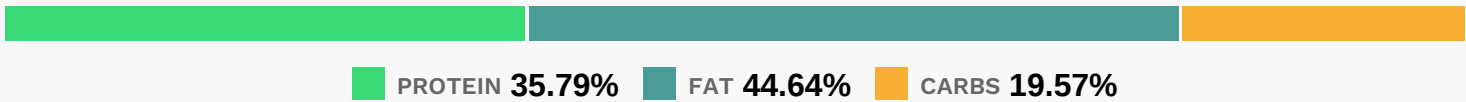
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat the broiler. Line a baking sheet with foil and evenly space the chicken cutlets in the center.
- ☐ Brush the chicken with 1 tablespoon olive oil and season with salt and pepper. Broil, rotating the baking sheet as needed so the chicken cooks evenly, until lightly browned, 2 to 3 minutes. Flip the chicken and continue to broil until cooked through, 2 to 3 more minutes.
- ☐ Remove the baking sheet from the oven and top each piece of chicken with 1 slice ham and 2 slices mozzarella. Broil until the cheese melts, 1 to 2 minutes. Season with salt and drizzle with olive oil.
- ☐ Meanwhile, cut the baguette crosswise into 4 equal pieces, then split open.
- ☐ Spread the bottom halves with butter and the top halves with mustard. Toss the watercress with the remaining 1/2 tablespoon olive oil and season with salt and pepper. Sandwich the chicken and watercress between the baguette halves.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:40.69, Glycemic Load:21.01, Inflammation Score:-7, Nutrition Score:30.15652158986%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 684.88kcal (34.24%), Fat: 33.43g (51.43%), Saturated Fat: 14.9g (93.16%), Carbohydrates: 32.99g (11%), Net Carbohydrates: 31.16g (11.33%), Sugar: 4.69g (5.21%), Cholesterol: 191.26mg (63.75%), Sodium: 1550.19mg (67.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.3g (120.59%), Selenium: 78.77µg (112.53%), Vitamin B3: 20.71mg (103.54%), Vitamin B6: 1.38mg (68.77%), Phosphorus: 635.4mg (63.54%), Calcium: 377.57mg (37.76%), Vitamin B1: 0.52mg (34.46%), Vitamin B2: 0.55mg (32.32%), Vitamin B5: 2.8mg (28.03%), Vitamin B12: 1.65µg (27.5%), Potassium: 869.68mg (24.85%), Vitamin K: 23.21µg (22.1%), Zinc: 3.22mg (21.49%), Iron: 3.61mg (20.07%), Folate: 79.31µg (19.83%), Manganese: 0.4mg (19.78%), Magnesium: 78.71mg (19.68%), Vitamin A: 903.89IU (18.08%), Vitamin E: 1.71mg (11.42%), Fiber: 1.83g (7.31%), Copper: 0.14mg (7.14%), Vitamin C: 4.77mg (5.78%), Vitamin D: 0.55µg (3.69%)