



Chicken Cordon Bleu with Mornay Sauce

READY IN

ready

80 min.

SERVINGS

servings

2

CALORIES

calories

790 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 cup bread crumbs
- ☐ 1.5 tablespoons butter
- ☐ 1 eggs beaten
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1 pinch ground nutmeg to taste
- ☐ 2 servings salt and ground pepper black to taste
- ☐ 0.8 cup milk
- ☐ 2 tablespoons olive oil

- ☐ 0.3 onion sliced
- ☐ 0.3 teaspoon paprika
- ☐ 2 chicken breast halves boneless skinless
- ☐ 2 slices ham smoked thin
- ☐ 2 ounces swiss cheese shredded

Equipment

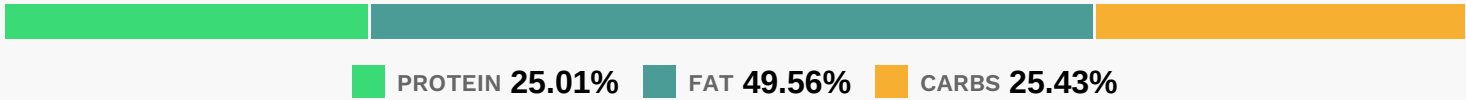
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ toothpicks

Directions

- ☐ Lay each chicken breast flat onto a work surface.
- ☐ Cut a 2-inch slit in the side of each breast with a small sharp knife; work the knife in the slit to make a pocket. Fill each pocket with a slice of Swiss cheese and ham and secure with a toothpick.
- ☐ Mix 1 tablespoon flour with paprika in a shallow bowl; place bread crumbs in a separate bowl.
- ☐ Pour 1/2 cup milk in another shallow bowl. Dip chicken in milk, press into flour mixture to coat, and shake off the excess flour. Dip into beaten egg and press into bread crumbs.
- ☐ Heat 2 tablespoons butter and olive oil in a large skillet over medium-high heat; fry chicken until browned on all sides, about 10 minutes. Reduce heat to low and continue frying until chicken is no longer pink in the center and juices run clear, about 15 minutes per side.
- ☐ Bring 3/4 cup milk to a boil in a saucepan.
- ☐ Melt 1 1/2 tablespoon butter over medium heat in another skillet.
- ☐ Whisk 1 1/2 tablespoons flour in melted butter until thickened, 5 to 10 minutes.
- ☐ Pour milk a little at a time to the flour mixture, whisking constantly until all milk is used.

- ☐
- Add onion, bay leaf, and clove; bring to a boil. Reduce heat to low and simmer until thickened, stirring occasionally, about 10 minutes.
- ☐
- Remove and discard onion, bay leaf, and clove. Stir shredded Swiss cheese into the sauce until melted; season with salt, pepper, and nutmeg.
- ☐
- Serve sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:167, Glycemic Load:5.25, Inflammation Score:-8, Nutrition Score:32.011738974115%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 789.68kcal (39.48%), Fat: 43.17g (66.41%), Saturated Fat: 16.58g (103.62%), Carbohydrates: 49.84g (16.61%), Net Carbohydrates: 46.77g (17.01%), Sugar: 8.63g (9.59%), Cholesterol: 224.16mg (74.72%), Sodium: 968.55mg (42.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.02g (98.05%), Selenium: 68.91µg (98.44%), Vitamin B3: 15.89mg (79.46%), Phosphorus: 688.94mg (68.89%), Vitamin B6: 1.05mg (52.66%), Calcium: 492.96mg (49.3%), Vitamin B1: 0.71mg (47.44%), Vitamin B2: 0.68mg (40.19%), Vitamin B12: 1.98µg (32.98%), Manganese: 0.62mg (30.86%), Vitamin B5: 2.77mg (27.71%), Zinc: 3.82mg (25.44%), Iron: 4.21mg (23.38%), Potassium: 807.66mg (23.08%), Folate: 89.06µg (22.27%), Magnesium: 86.65mg (21.66%), Vitamin E: 3.07mg (20.46%), Vitamin A: 967.23IU (19.34%), Copper: 0.27mg (13.56%), Vitamin K: 14.19µg (13.52%), Fiber: 3.07g (12.3%), Vitamin D: 1.56µg (10.4%), Vitamin C: 2.41mg (2.93%)