



 **28%**  
HEALTH SCORE

## Chicken Cordon Bleu With Mushroom Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 4 chicken breast
- 0.5 cup chicken broth
- 2 tablespoons cooking oil
- 1 tablespoon flour
- 1 tablespoon parsley fresh chopped
- 2 cloves garlic minced
- 0.3 pound gruyere cheese sliced
- 0.3 cup half and half

- 4 slices ham
- 5 ounces mushrooms chopped
- 5 ounces mushrooms chopped
- 1 medium onion diced
- 0.8 cup panko bread crumbs
- 0.3 teaspoon salt
- 0.5 teaspoon tarragon
- 0.3 cup wine

## Equipment

- frying pan
- oven
- toothpicks
- kitchen twine

## Directions

- Slice the chicken breast down the middle to form a pocket in the chicken.
- Add in your cheese slices and ham. Close chicken up with either toothpicks or kitchen twine.
- Mix together the panko and the tarragon.
- Roll the breasts in the mixture.
- Heat a large pan on medium high heat and add in the oil. When the oil is heated, add in your breasts and cook for a minute or two on each side.
- Place breasts in an oven preheated to 350 degrees and cook for 25–30 minutes or until juices run clear. While chicken is cooking, grab up a large saute pan, add the butter and melt it on medium heat.
- Add in the mushrooms and cook for a minute or two.
- Add in the garlic, onion, tarragon, and salt and cook for an additional 2 to 3 minutes.
- Add in the flour and stir to coat.
- Add in the wine and chicken broth and allow the sauce to heat back up and thicken. Once thickened, remove from heat and stir in the half & half and fresh parsley.

Add additional salt if needed.

Pour over cordon bleu and serve.

## Nutrition Facts

**PROTEIN 41.48%** **FAT 48.48%** **CARBS 10.04%**

### Properties

Glycemic Index:90.75, Glycemic Load:2.4, Inflammation Score:-7, Nutrition Score:34.042173913043%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

### Nutrients (% of daily need)

Calories: 669.9kcal (33.49%), Fat: 35.1g (54%), Saturated Fat: 13.69g (85.54%), Carbohydrates: 16.37g (5.46%), Net Carbohydrates: 14.55g (5.29%), Sugar: 4.3g (4.77%), Cholesterol: 214.12mg (71.37%), Sodium: 1194.25mg (51.92%), Alcohol: 1.55g (8.58%), Protein: 67.57g (135.14%), Vitamin B3: 28.44mg (142.22%), Selenium: 93.9µg (134.14%), Vitamin B6: 1.98mg (99.2%), Phosphorus: 819.13mg (81.91%), Vitamin B5: 4.75mg (47.47%), Vitamin B2: 0.77mg (45.36%), Potassium: 1285.55mg (36.73%), Vitamin B1: 0.54mg (35.99%), Calcium: 356.33mg (35.63%), Zinc: 3.8mg (25.33%), Magnesium: 93.86mg (23.46%), Vitamin K: 24.24µg (23.08%), Vitamin B12: 1.2µg (19.98%), Copper: 0.38mg (18.75%), Manganese: 0.31mg (15.29%), Vitamin E: 2.08mg (13.85%), Iron: 2.41mg (13.39%), Vitamin A: 661.04IU (13.22%), Folate: 48.52µg (12.13%), Vitamin C: 8.29mg (10.05%), Fiber: 1.82g (7.26%), Vitamin D: 0.73µg (4.89%)