



Cordon Bleu Rollups with Honey Mustard Wine sauce

READY IN



65 min.

SERVINGS



8

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar divided
- ☐ 0.5 pound ham cooked sliced
- ☐ 0.3 cup dijon mustard
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 3 tablespoons honey
- ☐ 1 tablespoon horseradish prepared

- ☐ 1 tablespoon olive oil
- ☐ 8 servings salt and pepper to taste
- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 0.5 pound swiss cheese sliced
- ☐ 2 cups white wine

Equipment

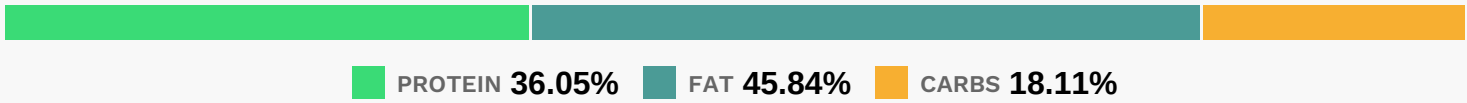
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ meat tenderizer

Directions

- ☐ Mix 2 cups wine, tarragon, parsley and oil in a nonporous glass dish or bowl and.
- ☐ Add chicken, and toss to coat. Cover dish or bowl, and refrigerate to marinate for at least 4 hours.
- ☐ Remove chicken from marinade, and pour marinade into a large skillet over medium high heat.
- ☐ Cut chicken breasts in half vertically and quickly flatten each piece to 1/2 inch thickness with a meat mallet.
- ☐ Layer each piece a slice of cheese, slice of ham, and a sprinkle of brown sugar.
- ☐ Roll and secure with toothpicks, then brown in skillet with marinade.
- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Place browned rollups in a 9x13 inch baking dish and pour a small amount of marinade over chicken, reserving at least 3 tablespoons in the skillet.
- ☐ Sprinkle chicken with salt and pepper to taste and a small amount of brown sugar.
- ☐ Bake chicken rollups in preheated oven for about 30 minutes, or until cooked through and chicken juices run clear.
- ☐ To Make Sauce: Meanwhile, add flour to skillet with reserved marinade.

Add 2 cups wine, stirring constantly, letting sauce thicken. Then stir in mustard, honey, a bit of brown sugar and horseradish. Season with salt and pepper to taste, heat through and serve with chicken rollups.

Nutrition Facts



Properties

Glycemic Index:42.28, Glycemic Load:4.4, Inflammation Score:-5, Nutrition Score:14.109130465466%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 328.1kcal (16.41%), Fat: 14.47g (22.26%), Saturated Fat: 6.23g (38.95%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 12.41g (4.51%), Sugar: 10.21g (11.35%), Cholesterol: 83.35mg (27.78%), Sodium: 737.28mg (32.06%), Alcohol: 6.18g (100%), Alcohol %: 3.97% (100%), Protein: 25.61g (51.22%), Selenium: 35.48µg (50.68%), Phosphorus: 386.6mg (38.66%), Vitamin B3: 7.14mg (35.72%), Vitamin B6: 0.56mg (28.17%), Calcium: 274.3mg (27.43%), Vitamin B12: 1.37µg (22.82%), Zinc: 2.37mg (15.82%), Vitamin B1: 0.22mg (14.37%), Vitamin B2: 0.24mg (13.86%), Vitamin B5: 1.24mg (12.43%), Potassium: 385.23mg (11.01%), Magnesium: 41.8mg (10.45%), Vitamin C: 7.96mg (9.65%), Manganese: 0.16mg (8.17%), Iron: 0.97mg (5.4%), Vitamin A: 269.43IU (5.39%), Copper: 0.08mg (3.88%), Vitamin E: 0.56mg (3.72%), Folate: 10.49µg (2.62%), Vitamin K: 2.15µg (2.05%), Fiber: 0.46g (1.83%)