



Cordon Bleu Sandwiches

READY IN



15 min.

SERVINGS



4

CALORIES



1991 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken frozen
- 4 oz finely-chopped ham cooked
- 0.3 cup dijon honey mustard
- 4 leaves lettuce
- 4 sandwich rolls split
- 4 oz swiss cheese

Equipment

Directions

- Cook chicken patties as directed on package. Top each patty with 1 ham slice and 1 cheese slice during last 1 to 2 minutes of cooking time.
- Meanwhile, spread cut sides of buns with honey mustard.
- Top bottom halves of buns with lettuce and chicken patty. Cover with top halves of buns.

Nutrition Facts

PROTEIN 33.03% **FAT 59.37%** **CARBS 7.6%**

Properties

Glycemic Index:14.75, Glycemic Load:0.16, Inflammation Score:-9, Nutrition Score:47.98130445895%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 1990.69kcal (99.53%), Fat: 128.13g (197.13%), Saturated Fat: 38.82g (242.63%), Carbohydrates: 36.91g (12.3%), Net Carbohydrates: 35.5g (12.91%), Sugar: 4.28g (4.75%), Cholesterol: 618.38mg (206.13%), Sodium: 1301.81mg (56.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 160.4g (320.8%), Vitamin B3: 55.26mg (276.29%), Selenium: 146.13µg (208.76%), Phosphorus: 1423.89mg (142.39%), Vitamin B6: 2.78mg (139.09%), Zinc: 12.4mg (82.65%), Vitamin B5: 7.54mg (75.42%), Vitamin B2: 1.26mg (74.18%), Vitamin B12: 3.62µg (60.29%), Vitamin B1: 0.89mg (59.08%), Iron: 9.04mg (50.2%), Potassium: 1612.36mg (46.07%), Magnesium: 183.61mg (45.9%), Calcium: 393.4mg (39.34%), Vitamin A: 1341.93IU (26.84%), Folate: 105.58µg (26.39%), Copper: 0.51mg (25.31%), Vitamin C: 19.02mg (23.05%), Manganese: 0.43mg (21.58%), Vitamin E: 2.71mg (18.06%), Vitamin K: 14.09µg (13.42%), Vitamin D: 1.52µg (10.16%), Fiber: 1.41g (5.63%)