



Cordon Bleu Sandwiches

READY IN



15 min.

SERVINGS



4

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

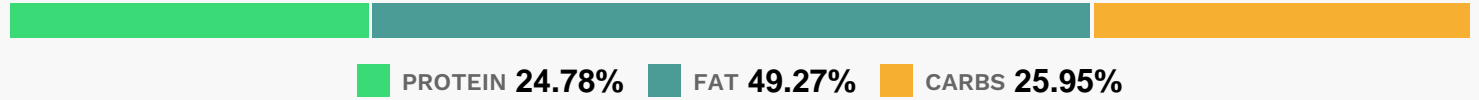
- 4 ground beef patties frozen
- 4 oz finely-chopped ham cooked
- 4 oz swiss cheese
- 4 sandwich rolls split
- 0.3 cup dijon honey mustard
- 4 leaves lettuce

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



Properties

Glycemic Index:14.75, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:22.139130260633%

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: 583.43kcal (29.17%), Fat: 31.14g (47.91%), Saturated Fat: 13.15g (82.16%), Carbohydrates: 36.91g (12.3%), Net Carbohydrates: 35.5g (12.91%), Sugar: 4.28g (4.75%), Cholesterol: 106.95mg (35.65%), Sodium: 852.2mg (37.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.24g (70.48%), Selenium: 53.17µg (75.95%), Vitamin B12: 3.57µg (59.54%), Zinc: 7.07mg (47.16%), Phosphorus: 467.96mg (46.8%), Vitamin B3: 7.8mg (38.98%), Vitamin B1: 0.48mg (31.85%), Calcium: 317.51mg (31.75%), Vitamin B2: 0.53mg (31.04%), Iron: 4.36mg (24.23%), Vitamin B6: 0.36mg (17.88%), Folate: 66.65µg (16.66%), Manganese: 0.31mg (15.31%), Potassium: 476.6mg (13.62%), Magnesium: 51.6mg (12.9%), Copper: 0.22mg (11.15%), Vitamin B5: 0.96mg (9.59%), Vitamin C: 6.83mg (8.28%), Fiber: 1.41g (5.63%), Vitamin A: 275.46IU (5.51%), Vitamin E: 0.42mg (2.83%), Vitamin K: 2.67µg (2.54%)