

Cordon Bleu Stromboli

READY IN



40 min.

SERVINGS



6

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bread dough frozen thawed
- 2 tablespoons butter softened
- 5 ounces chicken breast meat thinly sliced
- 8 ounces deli honey ham thinly sliced
- 0.5 cup swiss cheese shredded

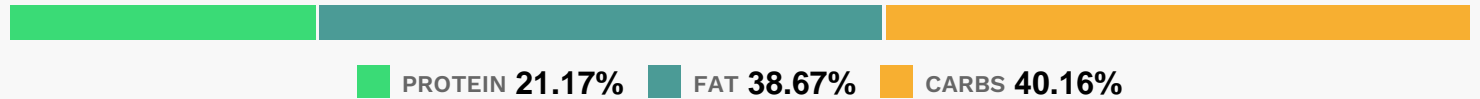
Equipment

- baking sheet
- oven

Directions

- On a lightly floured surface, roll dough into a 10-in. x 8-in. rectangle; spread with butter. Top with ham, cheese and chicken.
- Roll up jelly-roll style, starting with a long side; pinch seam to seal and tuck ends under.
- Place seam side down on a greased baking sheet. Cover and let rise for 20 minutes.
- Bake at 350° for 25–30 minutes or until golden brown. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:6.8530434551446%

Nutrients (% of daily need)

Calories: 376.42kcal (18.82%), Fat: 15.57g (23.95%), Saturated Fat: 6.43g (40.19%), Carbohydrates: 36.38g (12.13%), Net Carbohydrates: 34.9g (12.69%), Sugar: 0.18g (0.2%), Cholesterol: 53.89mg (17.96%), Sodium: 1094.22mg (47.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.17g (38.34%), Selenium: 14.45µg (20.65%), Phosphorus: 194.39mg (19.44%), Vitamin B3: 3.83mg (19.17%), Vitamin B1: 0.24mg (15.98%), Vitamin B6: 0.26mg (12.76%), Zinc: 1.39mg (9.3%), Vitamin B12: 0.55µg (9.25%), Calcium: 86.46mg (8.65%), Vitamin B2: 0.13mg (7.6%), Fiber: 1.47g (5.9%), Potassium: 200.66mg (5.73%), Vitamin B5: 0.45mg (4.47%), Magnesium: 16.39mg (4.1%), Vitamin A: 193.45IU (3.87%), Vitamin E: 0.37mg (2.49%), Iron: 0.43mg (2.41%), Copper: 0.04mg (2.02%), Vitamin D: 0.29µg (1.92%)