



Crispy Parmesan Chicken a la Cordon Bleu

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups water hot
- ☐ 1.5 cups milk
- ☐ 2 tablespoons butter
- ☐ 1 box parmesan crispy
- ☐ 1 cup finely-chopped ham diced cooked
- ☐ 1 lb chicken breast boneless skinless
- ☐ 1 tablespoon milk
- ☐ 2 tablespoons butter

- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon butter
- ☐ 1 oz swiss cheese shredded

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife

Directions

- ☐ In 2-quart nonstick saucepan, stir hot water, 1 1/2 cups milk, 2 tablespoons butter, and the sauce mix and uncooked pasta (from Chicken Helper box).
- ☐ Heat just to boiling, stirring frequently. Reduce heat. Simmer uncovered about 12 minutes, stirring frequently, until pasta is tender.
- ☐ Remove from heat; stir in ham. Cover to keep warm. Sauce will thicken as it stands.
- ☐ Meanwhile, cut each chicken breast into 3 to 5 slices, holding knife at an angle. Slices should be about 1/2 inch thick. Reserve 2 tablespoons seasoned crumbs (from Chicken Helper box).
- ☐ Place chicken in medium bowl.
- ☐ Add 1 tablespoon milk to moisten.
- ☐ Add remaining crumbs to coat chicken.
- ☐ In 10-inch nonstick skillet, heat 2 tablespoons butter and the oil over medium heat until butter is melted. Carefully add chicken to hot butter mixture; cook 4 to 6 minutes or until golden brown. Reduce heat to medium-low. Turn chicken; cook 4 to 6 minutes longer or until golden brown and centers are no longer pink.
- ☐ Meanwhile, in 7-inch skillet, melt 1 tablespoon butter; stir in reserved 2 tablespoons crumbs. Cook over medium heat, stirring frequently, just until crumbs are brown.
- ☐ Remove from heat.
- ☐ Place pasta in serving dish; top with chicken and sprinkle with buttered crumbs and cheese.

Nutrition Facts



 PROTEIN **33.92%**  FAT **61.61%**  CARBS **4.47%**

Properties

Glycemic Index:46.67, Glycemic Load:1.15, Inflammation Score:-4, Nutrition Score:12.502608610236%

Nutrients (% of daily need)

Calories: 275.25kcal (13.76%), Fat: 18.66g (28.71%), Saturated Fat: 9.16g (57.25%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 3.05g (1.11%), Sugar: 3.06g (3.4%), Cholesterol: 99.34mg (33.11%), Sodium: 418.41mg (18.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.12g (46.23%), Selenium: 30.7µg (43.86%), Vitamin B3: 8.63mg (43.14%), Vitamin B6: 0.66mg (32.85%), Phosphorus: 308.96mg (30.9%), Vitamin B12: 0.92µg (15.4%), Vitamin B5: 1.51mg (15.12%), Vitamin B2: 0.23mg (13.35%), Calcium: 131.42mg (13.14%), Potassium: 434.2mg (12.41%), Vitamin B1: 0.18mg (12.33%), Vitamin A: 457.62IU (9.15%), Zinc: 1.35mg (8.97%), Magnesium: 33.62mg (8.41%), Vitamin C: 5.3mg (6.42%), Vitamin D: 0.77µg (5.17%), Vitamin K: 5.4µg (5.14%), Vitamin E: 0.66mg (4.4%), Copper: 0.05mg (2.66%), Iron: 0.45mg (2.5%), Manganese: 0.02mg (1.15%), Folate: 4.38µg (1.09%)