



## Easy Baked Chicken Cordon Bleu

READY IN



60 min.

SERVINGS



6

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup butter melted
- ☐ 6 chicken breast halves – pounded to 1/2 inch boneless skinless
- ☐ 6 slices ham
- ☐ 1 cup seasoned bread crumbs dry
- ☐ 6 string cheese sticks
- ☐ 6 servings toothpicks
- ☐ 6 servings toothpicks

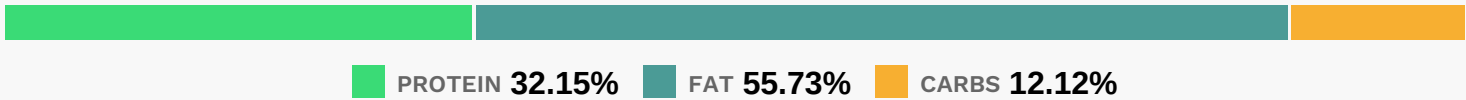
### Equipment

- ☐ oven
- ☐ baking pan
- ☐ toothpicks

## Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Lay out the pounded chicken breasts on a clean surface.
- ☐ Place a slice of ham on each piece, then one stick of cheese.
- ☐ Roll the chicken up around the cheese and ham, and secure with toothpicks. Dip each roll in melted butter, then roll in bread crumbs.
- ☐ Place in a shallow baking dish.
- ☐ Bake for 40 minutes in the preheated oven, or until chicken is browned and juices run clear.

## Nutrition Facts



## Properties

Glycemic Index:8.33, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:17.656521620958%

## Nutrients (% of daily need)

Calories: 489.17kcal (24.46%), Fat: 30.05g (46.23%), Saturated Fat: 15.82g (98.85%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 13.73g (4.99%), Sugar: 1.16g (1.29%), Cholesterol: 145.67mg (48.56%), Sodium: 1072.35mg (46.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.01g (78.02%), Vitamin B3: 14.28mg (71.38%), Selenium: 47.65µg (68.06%), Vitamin B6: 0.99mg (49.38%), Phosphorus: 337.16mg (33.72%), Vitamin B1: 0.43mg (28.92%), Vitamin B5: 1.88mg (18.84%), Potassium: 548.92mg (15.68%), Vitamin B2: 0.26mg (15.55%), Magnesium: 44.28mg (11.07%), Vitamin A: 549.15IU (10.98%), Manganese: 0.22mg (10.88%), Zinc: 1.61mg (10.72%), Vitamin K: 10.75µg (10.24%), Iron: 1.65mg (9.16%), Vitamin B12: 0.51µg (8.46%), Folate: 29.73µg (7.43%), Calcium: 68.43mg (6.84%), Vitamin E: 0.81mg (5.38%), Copper: 0.1mg (5.13%), Fiber: 0.98g (3.92%), Vitamin C: 1.9mg (2.3%), Vitamin D: 0.31µg (2.06%)