



Easy Chicken Cordon Bleu

READY IN



45 min.

SERVINGS



45

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 oz cream of chicken soup reduced-sodium canned
- ☐ 6 slices oscar mayer deli ham smoked fresh
- ☐ 1 Tbsp grey poupon savory honey mustard
- ☐ 1.5 lb chicken breasts boneless skinless
- ☐ 6 oz stove top lower sodium stuffing mix for chicken
- ☐ 6 big swiss cheese kraft

Equipment

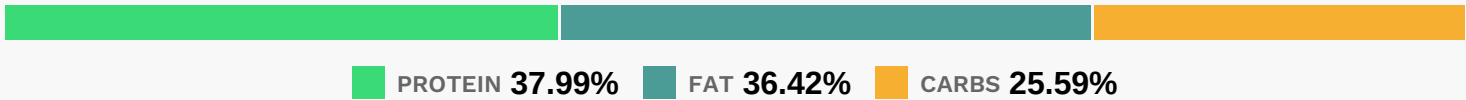
- ☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 400F.
- ☐ Prepare stuffing mix as directed on package.
- ☐ Place chicken in 13x9-inch baking dish sprayed with cooking spray; cover with ham.
- ☐ Mix soup and mustard; spoon over chicken. Top with stuffing.
- ☐ Bake 25 min. or until chicken is done (165F). Top with cheese; bake 5 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:1.56, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:2.7691303834967%

Nutrients (% of daily need)

Calories: 56.14kcal (2.81%), Fat: 2.21g (3.4%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 3.38g (1.23%), Sugar: 0.41g (0.46%), Cholesterol: 14.64mg (4.88%), Sodium: 165.05mg (7.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.39%), Selenium: 8.3µg (11.86%), Vitamin B3: 1.99mg (9.94%), Vitamin B6: 0.13mg (6.74%), Phosphorus: 60.03mg (6%), Vitamin B1: 0.06mg (3.71%), Vitamin B2: 0.05mg (2.85%), Vitamin B5: 0.27mg (2.69%), Calcium: 25.74mg (2.57%), Potassium: 80.62mg (2.3%), Zinc: 0.33mg (2.18%), Vitamin B12: 0.12µg (2.06%), Folate: 7.4µg (1.85%), Magnesium: 7.15mg (1.79%), Iron: 0.3mg (1.68%), Manganese: 0.03mg (1.48%), Copper: 0.03mg (1.27%)