



Easy Chicken Cordon Bleu

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 skinned and boned chicken breast halves
- ☐ 5.5 ounce seasoned croutons crushed
- ☐ 2 egg whites
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 12 slices ham smoked thinly sliced
- ☐ 6 slices swiss cheese

☐ 2 tablespoons water

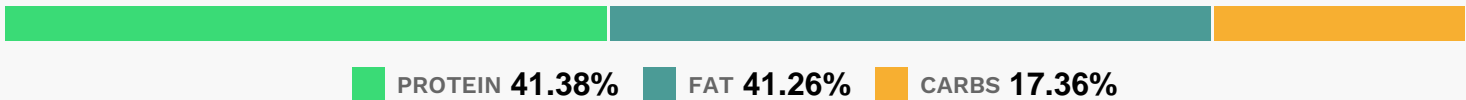
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Sprinkle salt and pepper evenly over chicken; set aside.
- ☐ Combine seasoned crouton crumbs and Parmesan cheese in a large zip-top plastic bag.
- ☐ Whisk together egg whites and 2 tablespoons water in a shallow bowl.
- ☐ Dip chicken in egg white mixture, and drain.
- ☐ Place 1 breast half in bag; seal and shake to coat.
- ☐ Remove to a lightly greased aluminum foil-lined baking sheet, and repeat with remaining chicken.
- ☐ Bake at 450 for 20 minutes or until chicken is done. Top each breast half with 2 ham slices and 1 Swiss cheese slice.
- ☐ Bake 5 more minutes or until cheese melts.
- ☐ Serve with honey mustard dressing, if desired.
- ☐ Prep: 20 min.,
- ☐ Bake: 25 min.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:12.92, Inflammation Score:-5, Nutrition Score:22.574347540088%

Nutrients (% of daily need)

Calories: 464.66kcal (23.23%), Fat: 20.76g (31.94%), Saturated Fat: 8.39g (52.43%), Carbohydrates: 19.65g (6.55%), Net Carbohydrates: 18.3g (6.66%), Sugar: 0.12g (0.13%), Cholesterol: 126.63mg (42.21%), Sodium: 1308.3mg (56.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.84g (93.67%), Selenium: 66.99µg (95.7%), Vitamin B3: 15.73mg (78.67%), Vitamin B6: 1.08mg (54.18%), Phosphorus: 524.79mg (52.48%), Vitamin B1: 0.58mg (38.35%), Vitamin B2: 0.42mg (24.79%), Calcium: 247.74mg (24.77%), Vitamin B5: 2.1mg (20.96%), Zinc: 3.09mg (20.58%), Vitamin B12: 1.17µg (19.56%), Potassium: 645.11mg (18.43%), Magnesium: 57.43mg (14.36%), Iron: 2.05mg (11.39%), Folate: 42.84µg (10.71%), Manganese: 0.17mg (8.45%), Copper: 0.13mg (6.67%), Fiber: 1.35g (5.39%), Vitamin A: 218.84IU (4.38%), Vitamin D: 0.53µg (3.55%), Vitamin E: 0.53mg (3.54%), Vitamin C: 1.36mg (1.64%)