



Easy Skillet Cordon Bleu

READY IN



18 min.

SERVINGS



6

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 8 slices canadian bacon cut into thin strips
- ☐ 1 lb chicken tenderloins
- ☐ 0.5 cup italian-seasoned breadcrumbs
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 4 slices swiss cheese halved

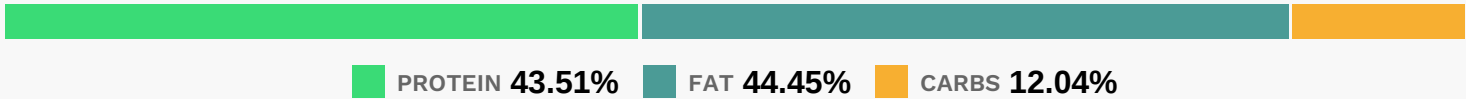
Equipment

☐ frying pan

Directions

- ☐ Combine breadcrumbs, pepper, and salt in a large zip-top plastic freezer bag. Rinse chicken tenders, and add to freezer bag. Seal bag, and shake to coat.
- ☐ Melt butter with oil in an ovenproof skillet over medium heat. Cook chicken 3 1/2 to 4 minutes on each side or until done. Arrange Canadian bacon strips over chicken in skillet, and top each with 1 cheese slice. Broil 5 1/2 inches from heat 2 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:14.960000167722%

Nutrients (% of daily need)

Calories: 266.88kcal (13.34%), Fat: 12.9g (19.85%), Saturated Fat: 5g (31.25%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 7.29g (2.65%), Sugar: 0.58g (0.64%), Cholesterol: 83.04mg (27.68%), Sodium: 794.69mg (34.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.42g (56.84%), Selenium: 39.61µg (56.59%), Vitamin B3: 10.88mg (54.4%), Vitamin B6: 0.74mg (37.03%), Phosphorus: 334.94mg (33.49%), Vitamin B1: 0.43mg (28.77%), Vitamin B5: 1.39mg (13.93%), Vitamin B12: 0.79µg (13.12%), Vitamin B2: 0.22mg (12.83%), Calcium: 128.07mg (12.81%), Potassium: 446.64mg (12.76%), Zinc: 1.61mg (10.74%), Magnesium: 35.08mg (8.77%), Manganese: 0.16mg (8.1%), Vitamin D: 1.14µg (7.6%), Vitamin K: 7.02µg (6.69%), Iron: 1.09mg (6.07%), Vitamin E: 0.71mg (4.74%), Folate: 17.59µg (4.4%), Vitamin A: 196.18IU (3.92%), Copper: 0.07mg (3.59%), Fiber: 0.57g (2.3%), Vitamin C: 1.18mg (1.43%)