



Chicken Cordon Bleu Crepes

READY IN



45 min.

SERVINGS



4

CALORIES



715 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 eggs whole
- 0.8 cup milk
- 1 cup flour all-purpose
- 0.5 teaspoon granulated sugar
- 1 serving vegetable oil
- 1 sprigs parsley fresh
- 1.5 cups chicken breast strips/pre-cooked/chopped cubed cooked
- 1 cup finely-chopped ham cubed cooked
- 4 oz gruyere cheese shredded

- 3 egg yolk
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon salt
- 0.5 cup butter unsalted cut into pieces*

Equipment

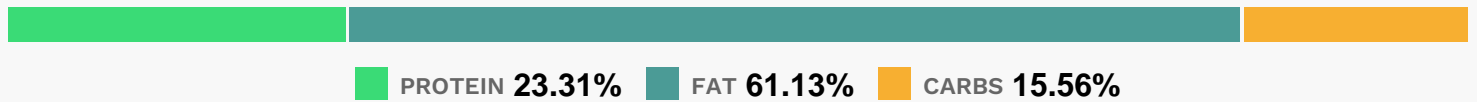
- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- spatula
- glass baking pan

Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In large bowl, beat eggs and milk with whisk until well combined.
- Add flour, 1/2 cup at a time, and sugar, stirring with whisk until no lumps remain and batter is slightly thinner than pancake batter. (If batter is too thick, add more milk; if too thin, add more flour.)
- Heat 6- to 8-inch skillet over medium heat.
- Add 1/2 teaspoon oil and rotate to coat bottom of skillet. For each crepe, pour slightly less than 1/4 cup batter into skillet. Immediately tilt and rotate skillet so thin layer of batter covers bottom. Cook until light brown and edges start to curl up, about 2 minutes. Run wide spatula around edge to loosen; turn and cook other side until light brown. Repeat with remaining batter, adding oil to skillet as needed. Stack crepes, placing waxed paper between; keep covered.
- In medium bowl, toss chicken, ham and cheese. Divide filling among crepes; roll up.
- Place seam side down in baking dish.

- Bake uncovered 15 minutes or until warm.
- Meanwhile, in 1 1/2-quart saucepan, vigorously stir egg yolks and lemon juice with wire whisk.
- Add salt and 1/4 cup of the butter.
- Heat over very low heat, stirring constantly with whisk, until butter is melted.
- Add remaining 1/4 cup butter. Continue stirring vigorously until butter is melted and sauce is thickened. (Be sure butter melts slowly so eggs have time to cook and the sauce thickens without curdling.) If sauce curdles (begins to separate), add about 1 tablespoon boiling water and beat vigorously with whisk until smooth.
- To serve, place crepes on individual plates. Top with hollandaise sauce.
- Garnish with parsley.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.77, Glycemic Load:18.42, Inflammation Score:-7, Nutrition Score:25.027391029441%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 714.89kcal (35.74%), Fat: 48.2g (74.15%), Saturated Fat: 24.7g (154.39%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 26.73g (9.72%), Sugar: 3.2g (3.55%), Cholesterol: 431.49mg (143.83%), Sodium: 932.89mg (40.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.35g (82.7%), Selenium: 53.64µg (76.63%), Phosphorus: 578.91mg (57.89%), Vitamin B3: 10.17mg (50.86%), Calcium: 400.32mg (40.03%), Vitamin B2: 0.66mg (38.61%), Vitamin B1: 0.51mg (34.26%), Vitamin B12: 1.88µg (31.38%), Vitamin A: 1457.14IU (29.14%), Vitamin B6: 0.56mg (27.9%), Folate: 100.17µg (25.04%), Zinc: 3.43mg (22.89%), Vitamin B5: 2.17mg (21.67%), Iron: 3.26mg (18.1%), Vitamin D: 2.54µg (16.94%), Vitamin K: 13.87µg (13.21%), Manganese: 0.26mg (13.07%), Vitamin E: 1.91mg (12.73%), Magnesium: 49.29mg (12.32%), Potassium: 411.19mg (11.75%), Vitamin C: 8.37mg (10.14%), Copper: 0.15mg (7.62%), Fiber: 0.86g (3.45%)