



Grilled Chicken Cordon Bleu Sandwiches

 Popular

READY IN



10 min.

SERVINGS



1

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter softened
- 1 slice deli chicken breast meat thick cooked
- 1 slice deli ham
- 1 tablespoon cup heavy whipping cream sour
- 2 slices swiss cheese
- 2 slices bread whole wheat

Equipment

- frying pan

grill

Directions

- Spread butter or margarine on the outsides of the bread slices.
- Spread sour cream on the insides of the bread slices. Then layer sandwich as follows: Bread slice, cheese slice, chicken, ham, 2nd cheese slice, 2nd bread slice.
- In a small skillet over medium heat, grill sandwich until meat is heated through and cheese has melted.

Nutrition Facts

 **PROTEIN 16.01%**  **FAT 66.4%**  **CARBS 17.59%**

Properties

Glycemic Index:146.7, Glycemic Load:14.62, Inflammation Score:-7, Nutrition Score:17.938260757405%

Nutrients (% of daily need)

Calories: 570.07kcal (28.5%), Fat: 42.3g (65.07%), Saturated Fat: 23.89g (149.29%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 21.84g (7.94%), Sugar: 2.9g (3.22%), Cholesterol: 117.11mg (39.04%), Sodium: 831.76mg (36.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.9%), Manganese: 1.2mg (60.14%), Selenium: 32.04µg (45.77%), Calcium: 414.83mg (41.48%), Phosphorus: 391.92mg (39.19%), Vitamin B1: 0.4mg (26.37%), Vitamin B12: 1.28µg (21.37%), Zinc: 3.2mg (21.31%), Vitamin A: 1058.57IU (21.17%), Vitamin B3: 3.91mg (19.55%), Vitamin B2: 0.29mg (16.98%), Magnesium: 61.71mg (15.43%), Fiber: 3.36g (13.44%), Vitamin B6: 0.26mg (13.15%), Iron: 1.75mg (9.7%), Vitamin E: 1.31mg (8.7%), Copper: 0.17mg (8.42%), Potassium: 268.5mg (7.67%), Vitamin B5: 0.74mg (7.39%), Folate: 29.02µg (7.26%), Vitamin K: 6.99µg (6.65%), Vitamin D: 0.2µg (1.31%)