



Grilled Cordon Bleu Sandwiches

READY IN



25 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices pumpernickel bread
- 4 tablespoons sandwich rolls
- 1 oz swiss cheese
- 0.3 lb roasted chicken cooked thinly sliced (from deli)
- 0.3 lb finely-chopped ham cooked thinly sliced (from deli)
- 2 tablespoons butter softened

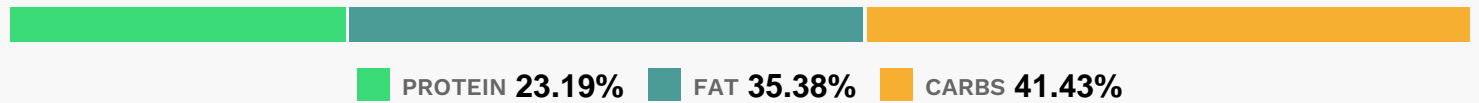
Equipment

- frying pan

Directions

- Spread 4 of the bread slices with sandwich spread. Top each with 1 slice cheese, 1/4 of chicken, 1/4 of ham, 1 slice cheese and bread slice.
- Spread outside of each sandwich with butter.
- Heat 12-inch nonstick skillet or griddle over medium-low heat until hot.
- Place sandwiches, 2 at a time if necessary, in skillet; cover and cook 2 to 4 minutes on each side or until golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:14.72, Inflammation Score:-5, Nutrition Score:16.508260939432%

Nutrients (% of daily need)

Calories: 370.95kcal (18.55%), Fat: 14.53g (22.36%), Saturated Fat: 6.25g (39.08%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 33.8g (12.29%), Sugar: 0.61g (0.67%), Cholesterol: 63.6mg (21.2%), Sodium: 868.7mg (37.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.44g (42.87%), Selenium: 36.25µg (51.79%), Manganese: 0.92mg (46.09%), Phosphorus: 308.28mg (30.83%), Vitamin B1: 0.45mg (29.93%), Vitamin B3: 5.85mg (29.27%), Vitamin B2: 0.38mg (22.23%), Folate: 76.68µg (19.17%), Fiber: 4.5g (18%), Zinc: 2.47mg (16.44%), Iron: 2.92mg (16.2%), Vitamin B6: 0.28mg (13.99%), Magnesium: 52.94mg (13.23%), Copper: 0.26mg (12.98%), Calcium: 127.43mg (12.74%), Vitamin B12: 0.71µg (11.8%), Vitamin B5: 0.88mg (8.8%), Potassium: 300.38mg (8.58%), Vitamin C: 6.61mg (8.01%), Vitamin A: 245.38IU (4.91%), Vitamin E: 0.54mg (3.57%), Vitamin K: 1.19µg (1.13%)