



Grilled Cordon Bleu Sandwiches

READY IN



25 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

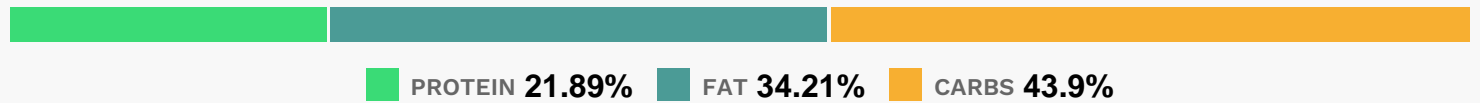
Equipment

- 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:47, Glycemic Load:19.94, Inflammation Score:-4, Nutrition Score:15.141304482584%

Nutrients (% of daily need)

Calories: 366.55kcal (18.33%), Fat: 13.91g (21.4%), Saturated Fat: 6.16g (38.53%), Carbohydrates: 40.15g (13.38%), Net Carbohydrates: 35.84g (13.03%), Sugar: 7.13g (7.93%), Cholesterol: 63.6mg (21.2%), Sodium: 792.74mg (34.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.02g (40.05%), Selenium: 30.75µg (43.93%), Manganese: 0.86mg (42.96%), Phosphorus: 296.15mg (29.62%), Vitamin B3: 5.23mg (26.16%), Vitamin B1: 0.38mg (25.37%), Vitamin B2: 0.34mg (19.93%), Fiber: 4.31g (17.26%), Folate: 64.18µg (16.04%), Zinc: 2.33mg (15.56%), Iron: 2.5mg (13.89%), Vitamin B6: 0.28mg (13.87%), Copper: 0.25mg (12.47%), Magnesium: 49.51mg (12.38%), Vitamin B12: 0.71µg (11.8%), Calcium: 116.18mg (11.62%), Vitamin C: 7.84mg (9.5%), Potassium: 295.19mg (8.43%), Vitamin B5: 0.82mg (8.23%), Vitamin A: 245.38IU (4.91%), Vitamin E: 0.49mg (3.27%), Vitamin K: 1.1µg (1.05%)