



 **39%**  
HEALTH SCORE

## Herb and Cheddar Cordon Bleu

READY IN



60 min.

SERVINGS



2

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup breadcrumbs
- 2 slices cheddar cheese
- 2 chicken breast
- 2 slices deli honey ham
- 2 tablespoons marjoram dried
- 2 tablespoons parsley dried
- 1 tablespoon rosemary dried
- 1 eggs
- 0.5 cup flour

- 2 servings salt and pepper

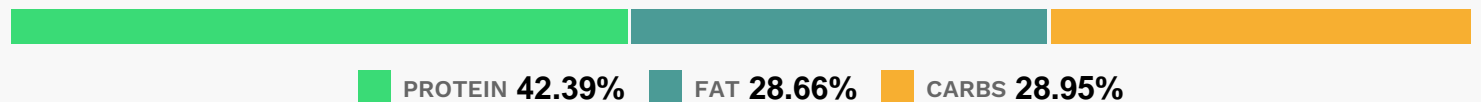
## Equipment

- oven
- baking pan
- toothpicks
- aluminum foil
- wax paper
- skewers
- rolling pin
- meat tenderizer

## Directions

- Pre-heat the oven to 350 degrees F (about 176 degrees C).
- Put the chicken breasts between two slices of wax paper and flatten with a rolling pin or meat mallet until they are about a quarter of an inch thick.
- Place a slice of ham and a slice of cheddar on each chicken breast.
- Roll the chicken breast as tightly as possible. If necessary, secure the rolls with toothpicks or small skewers. Beat an egg in a shallow baking dish. Arrange two other "stations" using foil or other dishes, one for the flour and another for the dried herbs and breadcrumbs. Cover the rolled chicken breasts in flour, then dip them into the egg mixture. Finally, press them into the mixture of dried herbs and breadcrumbs until they are covered on all sides.
- Place the chicken in an oiled (or buttered) baking dish and bake for about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:86, Glycemic Load:17.51, Inflammation Score:-9, Nutrition Score:37.292173913043%

## Flavonoids

Apigenin: 90.14mg, Apigenin: 90.14mg, Apigenin: 90.14mg, Apigenin: 90.14mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 6.62mg, Isorhamnetin: 6.62mg, Isorhamnetin: 6.62mg, Isorhamnetin: 6.62mg

## **Nutrients (% of daily need)**

Calories: 661.47kcal (33.07%), Fat: 20.56g (31.63%), Saturated Fat: 7.39g (46.21%), Carbohydrates: 46.72g (15.57%), Net Carbohydrates: 42.89g (15.6%), Sugar: 2.12g (2.36%), Cholesterol: 260.84mg (86.95%), Sodium: 1140.08mg (49.57%), Protein: 68.42g (136.84%), Selenium: 108.06µg (154.37%), Vitamin B3: 28.77mg (143.87%), Vitamin B6: 1.95mg (97.69%), Phosphorus: 749.78mg (74.98%), Vitamin B1: 0.85mg (56.53%), Vitamin B2: 0.78mg (46.17%), Manganese: 0.83mg (41.55%), Vitamin B5: 4.06mg (40.63%), Vitamin K: 42.43µg (40.41%), Iron: 6.64mg (36.86%), Potassium: 1139.78mg (32.57%), Folate: 122.02µg (30.5%), Calcium: 275.39mg (27.54%), Magnesium: 106.92mg (26.73%), Zinc: 3.69mg (24.61%), Vitamin B12: 1.1µg (18.36%), Fiber: 3.82g (15.3%), Copper: 0.26mg (13.17%), Vitamin A: 588.36IU (11.77%), Vitamin C: 6.85mg (8.31%), Vitamin E: 1.14mg (7.61%), Vitamin D: 0.96µg (6.43%)