



Inside-Out Chicken Cordon Bleu

 **Gluten Free**

READY IN



23 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baby greens
- 8 slices forest ham black thin
- 0.5 teaspoon dijon mustard
- 3 tablespoons let set min. spread
- 0.5 teaspoon thyme leaves fresh chopped
- 3 ounces gruyère cheese shredded
- 4 servings kosher salt and pepper freshly ground
- 5 tablespoons olive oil extra-virgin

- 1 shallots minced
- 24 ounce chicken breasts boneless skinless
- 2 tablespoons citrus champagne vinegar

Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- cutting board

Directions

- Mix the jam, thyme, and salt and pepper to taste in a bowl.
- Lay out a long piece of plastic wrap on a cutting board.
- Place the chicken on the plastic and brush half of the jam mixture evenly on top of each breast. Mound a quarter of the cheese on each piece of chicken, then wrap 2 slices of ham around each breast to cover the cheese.
- Place another piece of plastic over the chicken and gently pound with a mallet or heavy skillet until about 1/4 inch thick.
- Heat 2 tablespoons olive oil in a medium nonstick skillet over medium-high heat.
- Add the chicken and cook until golden and crisp, 3 to 4 minutes. Turn and cook on the other side until cooked through but still moist, 3 to 4 more minutes. Meanwhile, whisk the shallot, mustard, vinegar and the remaining jam mixture in a medium bowl. Slowly whisk in the remaining 3 tablespoons olive oil to make a smooth dressing.
- Place each piece of chicken on a plate and drizzle with dressing. Toss the greens with the remaining dressing; serve with the chicken.
- Photograph by Antonis Achilleos

Nutrition Facts



PROTEIN 40.36% **FAT 51.17%** **CARBS 8.47%**

Properties

Glycemic Index:40.5, Glycemic Load:4.18, Inflammation Score:-6, Nutrition Score:21.870434647021%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 535.29kcal (26.76%), Fat: 29.83g (45.89%), Saturated Fat: 7.4g (46.28%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 10.74g (3.91%), Sugar: 7.67g (8.52%), Cholesterol: 162.49mg (54.16%), Sodium: 1140.23mg (49.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.94g (105.88%), Vitamin B3: 17.9mg (89.49%), Selenium: 58.09µg (82.99%), Vitamin B6: 1.33mg (66.61%), Phosphorus: 500.92mg (50.09%), Vitamin B5: 2.59mg (25.9%), Potassium: 875.54mg (25.02%), Calcium: 232.42mg (23.24%), Vitamin E: 2.92mg (19.47%), Vitamin B2: 0.25mg (14.72%), Magnesium: 56.82mg (14.2%), Zinc: 1.9mg (12.67%), Vitamin B12: 0.68µg (11.34%), Vitamin K: 11.51µg (10.96%), Vitamin C: 8.55mg (10.36%), Iron: 1.81mg (10.06%), Vitamin A: 492.37IU (9.85%), Vitamin B1: 0.13mg (8.96%), Folate: 19.77µg (4.94%), Manganese: 0.09mg (4.59%), Copper: 0.08mg (4.07%), Vitamin D: 0.3µg (1.98%), Fiber: 0.38g (1.51%)