



WHATSheATE



## One Skillet Inside-Out Chicken Cordon Bleu

👤 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup canola oil
- ☐ 0.5 cup flour all-purpose
- ☐ 1 serving salt and pepper
- ☐ 2 eggs
- ☐ 1 cup panko bread crumbs crispy italian (half 8-oz box)
- ☐ 1 lb chicken breast dry rinsed sliced thin
- ☐ 4 oz swiss cheese very thin
- ☐ 4 slices finely-chopped ham cooked

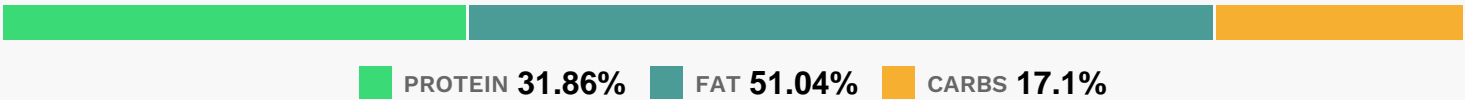
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat oven to 400°F. In 10-inch ovenproof skillet, heat oil over medium heat. Meanwhile, in shallow bowl, stir together flour, salt and pepper. In second shallow bowl, beat egg. In third shallow bowl, place bread crumbs.
- ☐ When oil is hot, coat all sides of each chicken breast slice with flour mixture, then egg and bread crumbs.
- ☐ Place in skillet; cook 4 to 5 minutes on each side or until golden brown. If necessary, cook in 2 batches.
- ☐ Once all chicken is golden, arrange all slices in skillet.
- ☐ Place 1 cheese slice on each chicken breast slice. Top each with 1 ham slice and second cheese slice.
- ☐ Bake 12 to 15 minutes or until cheese is hot, bubbly and golden brown, and chicken is no longer pink in center.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:8.74, Inflammation Score:-5, Nutrition Score:25.34347820282%

## Nutrients (% of daily need)

Calories: 553.75kcal (27.69%), Fat: 30.9g (47.54%), Saturated Fat: 8.2g (51.27%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 22.19g (8.07%), Sugar: 1.05g (1.17%), Cholesterol: 201.22mg (67.07%), Sodium: 697.19mg (30.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.39g (86.79%), Selenium: 66.2µg (94.57%), Vitamin B3: 14.77mg (73.87%), Phosphorus: 567.81mg (56.78%), Vitamin B6: 1mg (50.17%), Vitamin B1: 0.5mg (33.37%), Calcium: 301.8mg (30.18%), Vitamin B2: 0.5mg (29.65%), Vitamin B12: 1.73µg (28.77%), Vitamin B5: 2.47mg (24.7%), Zinc: 3.13mg (20.88%), Vitamin E: 3.09mg (20.59%), Potassium: 594.87mg (17%), Folate: 62.91µg (15.73%),

Magnesium: 57.25mg (14.31%), Manganese: 0.28mg (14.11%), Iron: 2.53mg (14.05%), Vitamin K: 11.71µg (11.15%),  
Vitamin C: 7.88mg (9.56%), Vitamin A: 388.12IU (7.76%), Copper: 0.15mg (7.62%), Fiber: 1.1g (4.39%), Vitamin D:  
0.55µg (3.69%)