



Open-Face Chicken Cordon Bleu

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken cutlets (1 pound total; 1/)
- ☐ 2 ounces ham boiled thin
- ☐ 1 cup gruyere cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 8 spinach leaves trimmed
- ☐ 2 tablespoons butter unsalted

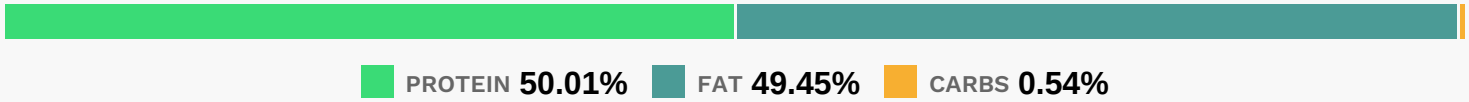
Equipment

- ☐ frying pan
- ☐ broiler

Directions

- ☐ Preheat broiler. Pat chicken dry and sprinkle with salt and pepper.
- ☐ Heat butter in a flameproof 12-inch heavy skillet over moderately high heat until foam subsides.
- ☐ Sauté chicken in butter, without turning, until cooked through and undersides are golden, about 2 minutes.
- ☐ Remove from heat and turn chicken over, then top each cutlet with 2 spinach leaves, 1 slice ham (folding it to fit), and 1/4 cup cheese.
- ☐ Broil 3 inches from heat until cheese is melted, 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.04, Inflammation Score:-6, Nutrition Score:22.004782477151%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 396.11kcal (19.81%), Fat: 21.28g (32.74%), Saturated Fat: 10.98g (68.61%), Carbohydrates: 0.53g (0.18%), Net Carbohydrates: 0.42g (0.15%), Sugar: 0.18g (0.2%), Cholesterol: 166.81mg (55.6%), Sodium: 916.98mg (39.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.42g (96.84%), Vitamin B3: 17.79mg (88.93%), Selenium: 59.29µg (84.7%), Vitamin B6: 1.3mg (65.24%), Phosphorus: 593.58mg (59.36%), Calcium: 348.17mg (34.82%), Vitamin B5: 2.62mg (26.2%), Potassium: 712.07mg (20.34%), Zinc: 2.56mg (17.04%), Vitamin B2: 0.27mg (15.8%), Magnesium: 62.63mg (15.66%), Vitamin B12: 0.88µg (14.67%), Vitamin A: 727.68IU (14.55%), Vitamin K: 11.79µg (11.23%), Vitamin B1: 0.13mg (8.72%), Iron: 0.98mg (5.43%), Copper: 0.1mg (4.89%), Vitamin E: 0.62mg (4.14%), Manganese: 0.08mg (4.1%), Folate: 14.23µg (3.56%), Vitamin D: 0.47µg (3.15%), Vitamin C: 2.6mg (3.15%)