



Oven Chicken Cordon Bleu

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken breast boneless skinless
- 2 teaspoons dijon mustard
- 4 teaspoons chives fresh chopped
- 3 oz finely-chopped ham lean cooked very thin
- 3 oz swiss cheese very thin reduced-fat
- 1 egg whites
- 1 tablespoon water
- 0.3 cup oatmeal cornflakes crushed finely

0.3 teaspoon paprika

Equipment

bowl

oven

plastic wrap

baking pan

glass baking pan

Directions

Heat oven to 375°F. Spray 8-inch square (2 quart) glass baking dish with cooking spray. Between sheets of plastic wrap or waxed paper, flatten each chicken breast to 1/4-inch thickness.

Spread each chicken breast with 1/2 teaspoon mustard; sprinkle with 1 teaspoon chives.

Cut ham and cheese slices to fit chicken. Top each chicken breast with ham and cheese slice.

Roll up, tucking ends inside.

In shallow bowl, combine egg white and water; beat slightly.

Place cereal crumbs in shallow dish. Coat chicken rolls with egg white mixture; roll in crumbs.

Place in baking dish; sprinkle with paprika.

Bake 25 to 30 minutes, or until chicken is no longer pink in center.

Nutrition Facts

PROTEIN 56.8% **FAT 19.73%** **CARBS 23.47%**

Properties

Glycemic Index:23, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:26.090434851854%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 307.79kcal (15.39%), Fat: 6.58g (10.12%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 17.6g (5.87%), Net Carbohydrates: 16.78g (6.1%), Sugar: 2.28g (2.53%), Cholesterol: 113.68mg (37.89%), Sodium: 636.3mg (27.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.59g (85.18%), Vitamin B3: 19.13mg (95.64%), Selenium: 56.27µg (80.39%), Vitamin B6: 1.49mg (74.61%), Phosphorus: 513.3mg (51.33%), Iron: 6.53mg (36.26%), Vitamin B2: 0.61mg (35.64%), Vitamin B12: 1.93µg (32.22%), Vitamin B1: 0.48mg (31.87%), Vitamin B5: 2.28mg (22.79%), Calcium: 217.1mg (21.71%), Folate: 79.55µg (19.89%), Potassium: 662.72mg (18.93%), Zinc: 2.35mg (15.68%), Magnesium: 59.37mg (14.84%), Vitamin C: 11.39mg (13.8%), Vitamin A: 533.84IU (10.68%), Vitamin D: 0.87µg (5.82%), Copper: 0.11mg (5.7%), Manganese: 0.08mg (4.07%), Fiber: 0.83g (3.31%), Vitamin K: 2.66µg (2.53%), Vitamin E: 0.36mg (2.37%)