



Skillet Chicken Cordon Bleu

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 10.8 ounce cream of chicken soup canned
- 0.5 cup ham diced
- 4 chicken breast whole boneless skinless cubed
- 0.5 cup swiss cheese shredded
- 0.3 cup white wine

Equipment

- frying pan

Directions

- In a 10 inch skillet over medium high heat cook the chicken breasts in the butter for 10 minutes or until browned.
- Remove chicken and set aside.
- In the same skillet add the wine and stir to deglaze the pan.
- Add the soup, cheese and ham.
- Heat to boiling, stirring often.
- Return chicken to skillet. Reduce heat to low. Cover and cook for 5 to 7 minutes or until chicken is completely cooked, stirring occasionally.
- Serve over hot cooked egg noodles if desired.

Nutrition Facts

PROTEIN 44.64% **FAT 46.58%** **CARBS 8.78%**

Properties

Glycemic Index:33.75, Glycemic Load:2.46, Inflammation Score:-4, Nutrition Score:14.341738840808%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 303.11kcal (15.16%), Fat: 14.86g (22.85%), Saturated Fat: 6.19g (38.69%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 6.3g (2.29%), Sugar: 0.81g (0.9%), Cholesterol: 106.13mg (35.38%), Sodium: 899.92mg (39.13%), Alcohol: 1.54g (100%), Alcohol %: 0.83% (100%), Protein: 32.03g (64.06%), Vitamin B3: 12.11mg (60.55%), Selenium: 41.72µg (59.6%), Vitamin B6: 0.86mg (43.17%), Phosphorus: 341.95mg (34.19%), Vitamin B5: 1.83mg (18.25%), Calcium: 138.66mg (13.87%), Potassium: 476.51mg (13.61%), Vitamin B2: 0.19mg (11.32%), Vitamin B12: 0.64µg (10.66%), Zinc: 1.49mg (9.92%), Magnesium: 38.45mg (9.61%), Iron: 1.38mg (7.64%), Vitamin A: 372.08IU (7.44%), Copper: 0.14mg (6.75%), Vitamin B1: 0.08mg (5.64%), Vitamin E: 0.79mg (5.26%), Manganese: 0.09mg (4.35%), Vitamin K: 3.84µg (3.66%), Folate: 7.51µg (1.88%), Vitamin C: 1.43mg (1.74%)