



Slow-Cooker Cordon Bleu Chicken Rolls

 Gluten Free

READY IN



225 min.

SERVINGS



6

CALORIES



357 kcal

Ingredients

- ☐ 30 oz chicken breast boneless skinless
- ☐ 2.3 oz deli honey ham cut in half thin
- ☐ 3 oz swiss cheese cut in half
- ☐ 10.8 oz campbell's® condensed cream of celery soup canned
- ☐ 1 cup cream sour
- ☐ 1 teaspoon parsley
- ☐ 1 teaspoon worcestershire sauce white for chicken (worcestershire sauce
- ☐ 0.5 teaspoon onion powder
- ☐ 0.3 teaspoon pepper

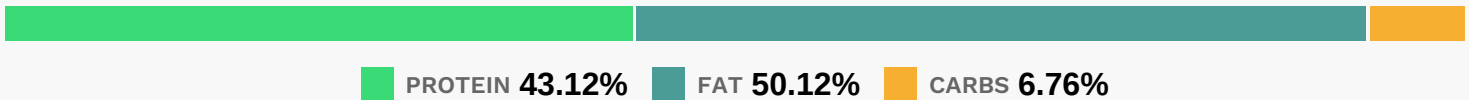
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ rolling pin
- ☐ slow cooker
- ☐ cutting board
- ☐ meat tenderizer

Directions

- ☐ Spray 3- to 4-quart slow cooker with cooking spray. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; beginning in center of breast, gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- ☐ Place 1/2 ham slice and 1/2 cheese slice on each breast.
- ☐ Roll up, folding in sides.
- ☐ Place rolls, seam sides down, in single layer in slow cooker. In medium bowl, mix remaining ingredients; spoon over chicken.
- ☐ Cover; cook on Low heat setting 3 hours 30 minutes to 4 hours 30 minutes.
- ☐ Remove rolls from cooker to cutting board. Beat sauce in cooker with wire whisk until smooth. Spoon about 1/3 cup sauce onto each of 6 plates.
- ☐ Cut each roll crosswise into thin slices; arrange on sauce.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:19.440000020939%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg

Nutrients (% of daily need)

Calories: 357.2kcal (17.86%), Fat: 19.56g (30.09%), Saturated Fat: 8.46g (52.88%), Carbohydrates: 5.94g (1.98%), Net Carbohydrates: 5.58g (2.03%), Sugar: 2.11g (2.34%), Cholesterol: 138.7mg (46.23%), Sodium: 604.03mg (26.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.85g (75.7%), Selenium: 54.41µg (77.72%), Vitamin B3: 15.45mg (77.24%), Vitamin B6: 1.13mg (56.72%), Phosphorus: 447.5mg (44.75%), Vitamin B5: 2.73mg (27.28%), Potassium: 673.83mg (19.25%), Calcium: 191.23mg (19.12%), Vitamin B2: 0.29mg (17.32%), Vitamin B12: 0.88µg (14.67%), Magnesium: 50.45mg (12.61%), Zinc: 1.89mg (12.57%), Vitamin B1: 0.18mg (11.81%), Vitamin A: 543.8IU (10.88%), Vitamin K: 10.17µg (9.69%), Vitamin E: 1.25mg (8.32%), Manganese: 0.14mg (7.18%), Copper: 0.12mg (6.11%), Iron: 0.99mg (5.49%), Vitamin C: 2.34mg (2.83%), Folate: 10.81µg (2.7%), Vitamin D: 0.22µg (1.44%), Fiber: 0.36g (1.42%)