



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Chicken Cordon Bleu ♦

Chicken Cordon Bleu is a classic dish made with chicken breasts, ham, and Swiss cheese. It is typically breaded and then baked or fried until golden and crispy. The dish originated in Switzerland and is now popular worldwide. It is often served with a creamy sauce and accompanied by vegetables or potatoes.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Chicken Breasts
200 g	Ham
200 g	Swiss cheese
100 g	breadcrumbs

2 pieces	Eggs
50 g	flour
1 tsp	salt
1 tsp	pepper
50 ml	vegetable oil

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Butterfly the chicken breasts by cutting them horizontally, leaving one side attached.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Place a slice of ham and a slice of Swiss cheese inside each butterflied chicken breast.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Close the chicken breasts and secure with toothpicks.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

In a shallow dish, mix the breadcrumbs, flour, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Dipping

Dip each chicken breast in beaten eggs, then coat with the breadcrumb mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Heating

Heat the vegetable oil in a large skillet over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Frying

Cook the chicken breasts in the skillet until golden brown on both sides.

Prep Time: 5 mins

Cook Time: 20 mins

Step 9

Baking

Transfer the chicken breasts to a baking dish and bake in the preheated oven for 10 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 10

Serving

Remove the toothpicks and serve the Chicken Cordon Bleu hot.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 18 g

Protein: 35 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Carbohydrates	10 g	18.18%	20%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	18 g	64.29%	72%
Cholesterol	120 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	30 mg	2307.69%	2307.69%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	4 mcg	26.67%	26.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	900 mg	39.13%	39.13%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	20 mg	181.82%	250%
Selenium	45 mcg	81.82%	81.82%

Recipe Attributes

Events

Christmas Easter Thanksgiving Barbecue

Cuisines

Italian Chinese Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb Low Sodium High Iron

High Calcium

Kitchen Tools

Blender

Course

Appetizers Main Dishes Side Dishes Salads Sauces & Dressings

Cultural

Chinese New Year

Diwali

St. Patrick's Day

Thanksgiving

Christmas

Easter

Cost

Under \$10

\$40 to \$50

Over \$50

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Flexitarian Diet

Paleo Diet

Atkins Diet

Ketogenic Diet

Okinawa Diet

Alkaline Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Ayurvedic Diet

Anti-Inflammatory Diet

Gluten-Free Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

The Swiss Secret Diet

The Scarsdale Diet

The Mayo Clinic Diet

The Beverly Hills Diet

The Hollywood Diet

The Lemonade Diet

The Grapefruit Diet

The Rice Diet

The Baby Food Diet

The Cookie Diet

The Israeli Army Diet

The Air Diet

The Breatharian Diet

The Five-Bite Diet

The Negative Calorie Diet

The Ice Cream Diet

The Master Cleanse Diet

The Subway Diet

The SlimFast Diet

The Cambridge Diet

The Shangri-La Diet

The Best Life Diet

The 3-Day Diet

The CICO (Calories In, Calories Out) Diet

The Eat-Clean Diet

The Peanut Butter Diet

The Bulletproof Diet

The Carnivore Diet

The Dukan Diet

The HCG Diet

The Optavia Diet

The Pritikin Diet

The Starch Solution Diet

The Vertical Diet

The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD)

The Anti-Candida Diet

The Dr. Sebi Diet

The Crohn's Disease Diet

The Ulcerative Colitis Diet

The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet

The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet

The Low Oxalate Diet

The Diabetes Diet

The Hypothyroidism Diet

The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures)

The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet

The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet

The Arthritis Diet

The Osteoporosis Diet

The Heart-Healthy Diet

The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet

The High-Fiber Diet

The Low-Fat Diet

The High-Protein Diet

The Low-Protein Diet

The High-Calcium Diet

The High-Potassium Diet

The Low-Potassium Diet

The High-Iron Diet

The Low-Iron Diet

The Low-Phosphorus Diet

The High-Vitamin D Diet

The High-Vitamin C Diet

The High-Vitamin K Diet

The Low-Vitamin K Diet

The Low-Copper Diet

The Spring Detox Diet

The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet

The Winter Warming Diet

The Low-Sulfur Diet

The High-Sulfur Diet

The Eczema Diet

The Psoriasis Diet

The Rosacea Diet

The Acne Diet

The Migraine Diet

The Celiac Disease Diet

The Gallbladder Diet

The Kidney Stone Diet

The Anti-Anxiety Diet

The Depression Diet

The Adrenal Fatigue Diet

The Endometriosis Diet

The Hashimoto's Disease Diet

The Lyme Disease Diet

The Diverticulitis Diet

The Restless Leg Syndrome Diet

The Tinnitus Diet

The Interstitial Cystitis Diet

The Gastroparesis Diet

The Menopause Diet

The Post-Pregnancy Diet

The Fertility Diet

The Breastfeeding Diet

The Low-Nickel Diet

The Chronic Urticaria Diet

The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet
The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet
The Fructose Malabsorption Diet The Low-Histamine Diet
The Mast Cell Activation Syndrome (MCAS) Diet
The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet
The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet
The Graves' Disease Diet The Addison's Disease Diet
The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet
The Myasthenia Gravis Diet
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet
The Eosinophilic Esophagitis (EoE) Diet
The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet
The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet
The Seasonal Affective Disorder (SAD) Diet
The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet
The Bipolar Disorder Diet The Schizophrenia Diet
The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet
Blood Type A Diet Blood Type B Diet Blood Type AB Diet

Cooking Method

Grilling Frying Baking Boiling Steaming Microwaving Blanching
Sautéing Roasting Smoking Curing Blending Grinding Freezing
Canning Drying Pickling Sous Vide Pasteurizing Fermenting Infusing
Pressing Jellying Carbonating Whipping Stirring Simmering Cutting
Cut Mixing Resting Plating Serving Cooking None Stir-frying
Mashing Preheating Sprinkling Heating Refrigerating Preparation
Cooling Oven Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: [healthdor.com](https://www.healthdor.com)