

Chicken Cordon Bleu

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/keto-open-faced-chicken-cordon-bleu-recipes>

Ingredients:

- 4 chicken breasts
- 8 slices ham like shaved ham
- 4 slices swiss cheese cut in half
- salt
- pepper
- 1/4 cup melted butter
- 1/2 cup crushed cornflakes
- 10 3/4 ounces cream of chicken soup
- 1/2 cup reduced fat sour cream
- 1 teaspoon lemon juice
- milk

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 180 milligrams
4. Fat: 37 grams
5. Fiber: 1 grams
6. Protein: 46 grams
7. SaturatedFat: 19 grams
8. Sodium: 1720 milligrams
9. Sugar: 2 grams

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