

Chicken Cordon Bleu Sandwich

Gold Kist Farms® Homestyle Whole Grain Breaded Chicken Patty (665400) served Cordon Bleu-style in a delicious, easy to eat sandwich.



<http://www.hungry-girl.com/recipe-makeovers/show/2751-healthy-chicken-cordon-bleu-sandwich-recipe>

YIELD

100 sandwiches

MENU FIT/DAYPART

Lunch/Summer

COMPONENTS

2oz eq M/MA

2 ounce grain

DIFFICULTY

Easiest

ALLERGENS

wheat, dairy, soy

INGREDIENTS AND PREPARATION

100 (3.05oz each) Gold Kist Homestyle Whole Grain breaded Chicken Patty (665400)

100 slices extra lean deli ham

100 slices Provolone cheese

100 whole wheat hamburger buns

1. Preheat oven to 350°F. Place frozen chicken patties in a single layer on an ungreased baking pan. Bake for 15-20 minutes in a conventional oven or 8-10 minutes in a convection oven or until product reaches 165° F.
2. Place one slice of ham and one slice of cheese on each chicken breast. Heat in the oven until cheese is melted.
3. Place chicken patties in a bun. Wrap in foil and place in hot holding until service.
4. Serve with brown mustard as a condiment.

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (172g) (1 sandwich) | |
| Amount Per Serving | |
| Calories 430 | Calories from Fat 180 |
| % Daily Value* | |
| Total Fat 19g | 29% |
| Saturated Fat 7g | 35% |
| Trans Fat 0g | |
| Cholesterol 65mg | 22% |
| Sodium 870mg | 36% |
| Total Carbohydrate 36g | 12% |
| Dietary Fiber 5g | 20% |
| Sugars 4g | |
| Protein 28g | |
| Vitamin A 6% | Vitamin C 0% |
| Calcium 25% | Iron 15% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
| Calories: 2,000 2,500 | |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Serving Suggestions: Serve with roasted broccoli, Mandarin oranges and milk. This sandwich can also be served cold: cook chicken patties, cool, then prepare sandwiches and serve without heating.



Get the products and support trusted by so many. Talk to your representative today:
Call 800.336.9876 or visit GoldKist.com