

## Chicken Cordon Bleu grilled

1 bun stone ground knot bun  
4 oz.'s chicken breast raw  
1 oz.'s mayonnaise  
.5 oz.'s lettuce, shredded  
Serving size: Entire recipe  
(9.9 oz.'s).

1 slice tomato  
.5 slice cheese Swiss  
1 oz. ham

Amount Per Serving	
Calories	585.81
Calories From Fat (33%)	191.68
	% Daily Value
Total Fat 21.52g	33%
Saturated Fat 6.56g	33%
Cholesterol 105.03mg	35%
Sodium 1233.17mg	51%
Potassium 581.71mg	17%
Total Carbohydrates 58.09g	19%
Fiber 2.72g	11%
Sugar 8.62g	
Protein 38.89g	78%