



Baked Monte Cristo Sandwich

READY IN



21 min.

SERVINGS



4

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 slices oscar mayer deli ham smoked fresh
- 2 egg whites
- 0.5 cup milk fat-free
- 4 milk singles 2% kraft
- 8 slices bread whole wheat 100%

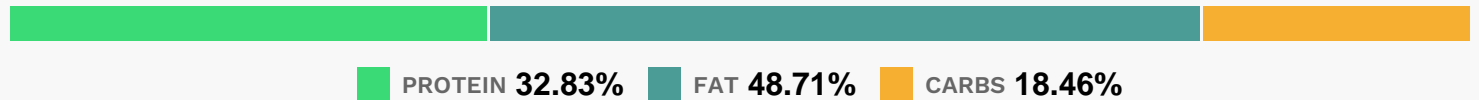
Equipment

- baking sheet
- oven

Directions

- Heat oven to 450F.
- Fill bread slices with 2% Milk Singles and ham.
- Beat egg whites and milk in shallow dish or pie plate. Dip each sandwich into egg mixture, turning to coat both sides (let bread soak about 5 sec. on each side).
- Place sandwiches on baking sheet sprayed with cooking spray.
- Bake 6 min.; turn.
- Bake 5 min. or until sandwiches are golden brown.

Nutrition Facts



Properties

Glycemic Index:25.74, Glycemic Load:14.98, Inflammation Score:-4, Nutrition Score:25.786521901255%

Nutrients (% of daily need)

Calories: 569.19kcal (28.46%), Fat: 30.23g (46.51%), Saturated Fat: 10.48g (65.52%), Carbohydrates: 25.79g (8.6%), Net Carbohydrates: 22.43g (8.16%), Sugar: 4.17g (4.64%), Cholesterol: 105.16mg (35.05%), Sodium: 2284.09mg (99.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.84g (91.69%), Vitamin B1: 1.25mg (83.12%), Selenium: 56.22µg (80.32%), Manganese: 1.22mg (61.09%), Phosphorus: 514.18mg (51.42%), Vitamin B3: 10.03mg (50.14%), Vitamin B6: 0.78mg (38.91%), Vitamin B2: 0.57mg (33.65%), Zinc: 5.03mg (33.54%), Vitamin B12: 1.27µg (21.19%), Magnesium: 80.47mg (20.12%), Potassium: 697.47mg (19.93%), Iron: 2.91mg (16.15%), Calcium: 145.71mg (14.57%), Copper: 0.27mg (13.51%), Fiber: 3.36g (13.44%), Vitamin B5: 1.29mg (12.93%), Vitamin D: 1.51µg (10.09%), Folate: 29.82µg (7.46%), Vitamin E: 0.91mg (6.05%), Vitamin K: 4.37µg (4.16%), Vitamin A: 65.18IU (1.3%)