



Baked Monte Cristo Sandwiches

READY IN



75 min.

SERVINGS



4

CALORIES



930 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings powdered sugar
- 8 slices deli forest ham black thin
- 1 eggs
- 4 servings flour all-purpose
- 4 servings maple syrup
- 17.3 ounce puff pastry thawed pepperidge farm®
- 4 slices swiss cheese
- 1 tablespoon water

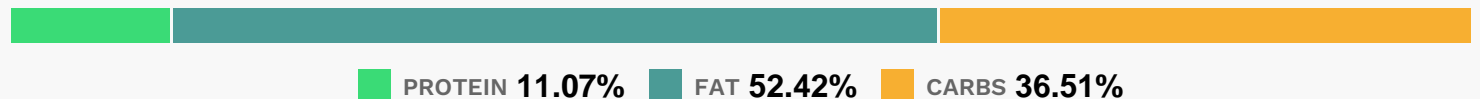
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat the oven to 400 degrees F. Beat the egg and water in a small bowl with a fork.
- Sprinkle the flour on the work surface. Unfold the pastry sheet on the work surface.
- Roll the pastry sheet into a 12-inch square.
- Cut into 4 (6-inch) squares.
- Brush the edges of the pastries with the egg mixture.
- With a corner of 1 pastry facing you, place 2 slices ham and 1 slice cheese on the bottom half of the pastry. Fold the pastry over the filling to form a triangle and press the edges to seal. Crimp the edges with a fork. Repeat with the remaining pastries.
- Brush the pastries with the egg mixture.
- Place the pastries onto a baking sheet.
- Bake for 20 minutes or until the pastries are golden brown.
- Sprinkle the pastries with the confectioners' sugar.
- Serve with the maple syrup.

Nutrition Facts



Properties

Glycemic Index:48.63, Glycemic Load:39.06, Inflammation Score:-5, Nutrition Score:17.73130435529%

Nutrients (% of daily need)

Calories: 930.47kcal (46.52%), Fat: 54.11g (83.24%), Saturated Fat: 15.27g (95.46%), Carbohydrates: 84.8g (28.27%), Net Carbohydrates: 82.76g (30.1%), Sugar: 22.78g (25.31%), Cholesterol: 86.97mg (28.99%), Sodium: 934.83mg (40.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.7g (51.41%), Selenium: 40.76µg

(58.22%), Manganese: 1.11mg (55.69%), Vitamin B2: 0.74mg (43.61%), Vitamin B1: 0.57mg (37.76%), Folate: 116.06µg (29.02%), Vitamin B3: 5.59mg (27.94%), Iron: 4.43mg (24.63%), Phosphorus: 201.03mg (20.1%), Calcium: 192.84mg (19.28%), Vitamin K: 20.03µg (19.08%), Zinc: 1.73mg (11.52%), Vitamin B12: 0.61µg (10.19%), Potassium: 315.23mg (9.01%), Copper: 0.17mg (8.38%), Fiber: 2.04g (8.17%), Magnesium: 32.44mg (8.11%), Vitamin E: 0.88mg (5.89%), Vitamin A: 201.73IU (4.03%), Vitamin B6: 0.06mg (2.98%), Vitamin B5: 0.27mg (2.74%), Vitamin D: 0.22µg (1.47%)