

## Cheese Frenchy Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 slices bread
- 1 eggs
- 0.3 cup mayonnaise
- 0.5 cup milk
- 4 servings cooking oil for frying
- 8 slices processed cheese food
- 0.3 teaspoon salt
- 1 cup saltines crushed ( 25 crackers)

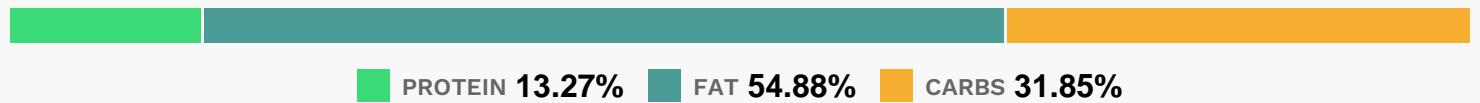
## Equipment

- bowl
- frying pan
- aluminum foil

## Directions

- Spread mayonnaise on one side of each slice of bread. Top four slices with two cheese slices. Top with remaining bread, mayonnaise side down.
- Cut each sandwich into four triangles.
- In a bowl, beat the egg, milk and salt. Dip sandwiches into egg mixture, then roll in cracker crumbs. Wrap in foil and freeze for up to 1 month.
- In a skillet, heat 1 in. of oil to 375°. Fry a few frozen sandwiches at a time for 2 minutes on each side or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:43.42, Glycemic Load:15.29, Inflammation Score:-6, Nutrition Score:18.883912797207%

## Nutrients (% of daily need)

Calories: 536.39kcal (26.82%), Fat: 32.69g (50.3%), Saturated Fat: 11.02g (68.87%), Carbohydrates: 42.69g (14.23%), Net Carbohydrates: 39.96g (14.53%), Sugar: 5.97g (6.63%), Cholesterol: 92.46mg (30.82%), Sodium: 1392.83mg (60.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.78g (35.57%), Calcium: 557.11mg (55.71%), Selenium: 30.69µg (43.85%), Manganese: 0.84mg (41.85%), Phosphorus: 414.83mg (41.48%), Vitamin K: 33.22µg (31.64%), Vitamin B1: 0.38mg (25.48%), Vitamin B2: 0.42mg (24.68%), Vitamin B3: 4.33mg (21.65%), Folate: 80.28µg (20.07%), Iron: 3.48mg (19.32%), Vitamin B12: 0.93µg (15.42%), Zinc: 2.04mg (13.58%), Vitamin E: 1.72mg (11.49%), Fiber: 2.73g (10.92%), Magnesium: 43.03mg (10.76%), Vitamin A: 516.1IU (10.32%), Vitamin B5: 1.02mg (10.18%), Vitamin B6: 0.14mg (6.92%), Copper: 0.14mg (6.88%), Potassium: 224.76mg (6.42%), Vitamin D: 0.84µg (5.57%)