



Claire's Croque Madame

READY IN



20 min.

SERVINGS



2

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 super forest ham black thin
- 1 tablespoon butter
- 1 pinch cayenne grated
- 2 croissants lightly toasted sliced in half and in oven
- 2 teaspoons dijon mustard
- 2 large farm eggs fresh
- 1 tablespoon flour all-purpose
- 0.8 cup gruyère cheese grated
- 1 cup milk (See Cook's Note)

- 1 leaves parsley chopped for garnish
- 2 servings salt
- 2 tablespoons water

Equipment

- frying pan
- sauce pan
- oven
- whisk
- aluminum foil

Directions

- Watch how to make this recipe.
- Sauce: Melt the butter in a small saucepan over medium heat.
- Whisk in the flour and cook, keeping it light in color, about 1 to 2 minutes.
- Whisk in the milk and bring to a boil, then lower the heat to a simmer. Season the sauce with salt, to taste, and cayenne and continue to cook just until thick enough to coat the back of a spoon, about 3 minutes. Stir in cheese and set aside. Preheat oven to 400 degrees F. On an aluminum foil lined sheet tray, heat the ham and toast croissants. Melt 1 tablespoon of butter in a medium nonstick skillet over medium-high heat.
- Add the eggs and water and cover with a lid to steam eggs over easy. Top each bottom slice of toasted croissant with a teaspoon of Dijon, then 3 slices of hot ham and 1 over easy egg. Spoon the cheese sauce over the egg and leave somewhat open faced, by putting the top piece of the croissant on the side.
- Garnish with parsley or chives, and serve.

Nutrition Facts



PROTEIN 19.06% **FAT 58.99%** **CARBS 21.95%**

Properties

Glycemic Index:163, Glycemic Load:20.76, Inflammation Score:-8, Nutrition Score:22.130869689195%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 650.99kcal (32.55%), Fat: 42.57g (65.49%), Saturated Fat: 23.48g (146.73%), Carbohydrates: 35.64g (11.88%), Net Carbohydrates: 33.81g (12.29%), Sugar: 12.87g (14.3%), Cholesterol: 309.95mg (103.32%), Sodium: 1015.67mg (44.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.94g (61.89%), Calcium: 705.83mg (70.58%), Phosphorus: 593.11mg (59.31%), Selenium: 40.83µg (58.33%), Vitamin B2: 0.7mg (41.03%), Vitamin B12: 2µg (33.31%), Vitamin A: 1602.39IU (32.05%), Vitamin B1: 0.38mg (25.27%), Zinc: 3.58mg (23.84%), Folate: 86.85µg (21.71%), Vitamin B5: 2.03mg (20.32%), Vitamin D: 2.64µg (17.59%), Iron: 2.45mg (13.59%), Manganese: 0.26mg (13.21%), Magnesium: 51.43mg (12.86%), Vitamin B6: 0.24mg (11.98%), Vitamin K: 11.69µg (11.14%), Potassium: 384.94mg (11%), Vitamin E: 1.4mg (9.36%), Vitamin B3: 1.73mg (8.65%), Fiber: 1.83g (7.31%), Copper: 0.11mg (5.56%), Vitamin C: 0.84mg (1.01%)