



Classic Croque Monsieur

READY IN



27 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbsp butter
- 8 slices oscar mayer deli ham smoked fresh
- 2 tsp grey poupon dijon mustard
- 3 eggs
- 3 Tbsp real mayo mayonnaise kraft
- 0.5 cup milk
- 4 big swiss cheese kraft
- 8 slices bread white firm

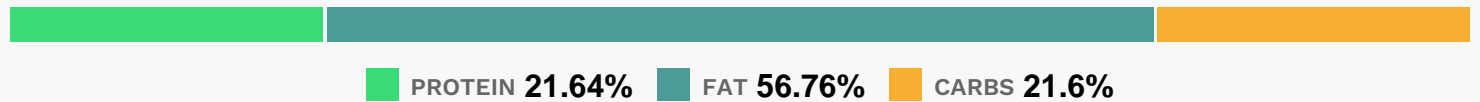
Equipment

- frying pan
- oven
- whisk

Directions

- Heat oven to 450F.
- Mix mayo and mustard; spread onto 4 bread slices. Cover with cheese, ham and remaining bread slices.
- Place butter in 15x10x1-inch pan.
- Place in oven 1 to 2 min. or until butter is melted. Meanwhile, whisk eggs and milk in pie plate until well blended.
- Dip each sandwich in egg mixture, then place in buttered pan.
- Pour any remaining egg mixture over sandwiches.
- Bake 10 to 12 min. or until sandwiches are golden brown on both sides, turning after 5 min.

Nutrition Facts



Properties

Glycemic Index:55.44, Glycemic Load:18.18, Inflammation Score:-5, Nutrition Score:18.404782648482%

Nutrients (% of daily need)

Calories: 500.45kcal (25.02%), Fat: 31.21g (48.02%), Saturated Fat: 10.26g (64.1%), Carbohydrates: 26.73g (8.91%), Net Carbohydrates: 25.47g (9.26%), Sugar: 4.35g (4.84%), Cholesterol: 181.3mg (60.43%), Sodium: 1119.35mg (48.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.78g (53.56%), Selenium: 41.23µg (58.9%), Vitamin B1: 0.63mg (41.89%), Phosphorus: 375.74mg (37.57%), Calcium: 320.17mg (32.02%), Vitamin B2: 0.49mg (29%), Vitamin B3: 4.96mg (24.8%), Vitamin B12: 1.35µg (22.44%), Zinc: 3.06mg (20.43%), Folate: 74.95µg (18.74%), Vitamin B6: 0.35mg (17.41%), Vitamin K: 17.44µg (16.61%), Manganese: 0.33mg (16.31%), Iron: 2.83mg (15.71%), Vitamin B5: 1.24mg (12.45%), Vitamin A: 502.91IU (10.06%), Magnesium: 38.78mg (9.69%), Potassium: 329.31mg (9.41%), Vitamin D: 1.41µg (9.39%), Vitamin E: 1.23mg (8.21%), Copper: 0.14mg (7.22%), Fiber: 1.26g (5.03%)