

Country COOKBOOK



Cook the Book: Monte Cristo Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



838 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon ground pepper
- ☐ 12 slices deli honey ham black thin
- ☐ 12 slices deli turkey thin
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 4 large eggs
- ☐ 18 slices gruyere cheese thin
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 6 tablespoons raspberry jam

- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 12 slices sandwich bread white hearty lightly toasted

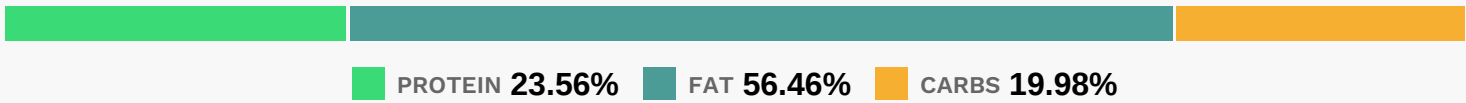
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Adjust an oven rack to the upper middle position and heat the oven to 450°F.
- ☐ Whisk the eggs, cream, sugar, salt, dry mustard, and cayenne in a shallow dish until combined. Stir the jam and Dijon mustard together in a small bowl.
- ☐ Spread 1 teaspoon of the jam mixture on one side of each slice of toast.
- ☐ Layer the slices of cheese, ham, and turkey on 6 slices of toast. Repeat with a second layer of cheese, ham, and turkey.
- ☐ Add a final layer of cheese and top with the remaining toast, with the jam side facing the cheese. Using your hands, lightly press down on the sandwiches.

Nutrition Facts



Properties

Glycemic Index:43.98, Glycemic Load:25.94, Inflammation Score:-7, Nutrition Score:27.465652579847%

Nutrients (% of daily need)

Calories: 837.7kcal (41.88%), Fat: 52.24g (80.36%), Saturated Fat: 24.05g (150.3%), Carbohydrates: 41.59g (13.86%), Net Carbohydrates: 39.97g (14.53%), Sugar: 14.77g (16.42%), Cholesterol: 267.45mg (89.15%), Sodium: 1998.95mg (86.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.04g (98.09%), Calcium: 992.58mg (99.26%), Phosphorus: 804.11mg (80.41%), Selenium: 49.48µg (70.69%), Vitamin B1: 0.67mg (44.66%), Vitamin B2: 0.67mg (39.33%), Zinc: 5.66mg (37.75%), Vitamin B12: 2.01µg (33.58%), Vitamin B3: 5.05mg (25.23%), Vitamin A:

1143.53IU (22.87%), Folate: 84.51µg (21.13%), Vitamin B6: 0.4mg (19.81%), Iron: 3.28mg (18.23%), Manganese: 0.36mg (18.09%), Magnesium: 67.28mg (16.82%), Vitamin B5: 1.55mg (15.53%), Vitamin K: 15.41µg (14.67%), Vitamin D: 1.72µg (11.48%), Potassium: 399.96mg (11.43%), Copper: 0.23mg (11.28%), Vitamin E: 1.61mg (10.71%), Fiber: 1.62g (6.47%), Vitamin C: 1.88mg (2.28%)