



Cook the Book: Neo-Classic Croque Monsieur

READY IN



45 min.

SERVINGS



2

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bread
- ☐ 6 small pickled cucumbers / gherkins coarsely chopped
- ☐ 4 ounces country ham
- ☐ 3 ounces swiss cheese thinly sliced
- ☐ 1 tablespoon coarse mustard
- ☐ 2 tablespoons butter unsalted softened

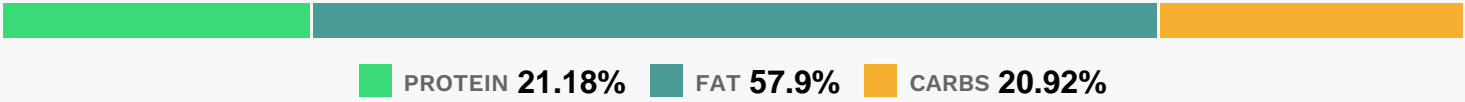
Equipment

- ☐ cutting board

Directions

- ☐
- Put the bread, buttered sides down, on a cutting board and spread 1 1/2 teaspoons of mustard on two slices. Top each with some cheese.
- ☐
- Sprinkle the chopped cornichons on top of cheese. Arrange the ham on top of the cornichons. Top each sandwich with the remaining bread slices, buttered side up.
- ☐
- Place the sandwiches on the press, and pull the top down. Cook until sandwiches are browned and crisp, 3 to 5 minutes, depending on heat of your press.
- ☐
- Remove from press and serve immediately.
- ☐
- Notes
- ☐
- Make sure you do thinly slice the cheese. My slices were a bit thick the first time I made this sandwich, and the cheese failed to melt evenly.

Nutrition Facts



Properties

Glycemic Index:58.83, Glycemic Load:14.48, Inflammation Score:-7, Nutrition Score:23.088695774908%

Nutrients (% of daily need)

Calories: 575.5kcal (28.78%), Fat: 37.06g (57.01%), Saturated Fat: 18.79g (117.43%), Carbohydrates: 30.13g (10.04%), Net Carbohydrates: 26.23g (9.54%), Sugar: 4.5g (5%), Cholesterol: 104.8mg (34.93%), Sodium: 2441.49mg (106.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.51g (61.02%), Selenium: 44.49µg (63.55%), Vitamin K: 56.6µg (53.91%), Phosphorus: 464.67mg (46.47%), Calcium: 460.52mg (46.05%), Vitamin B1: 0.59mg (39.36%), Manganese: 0.72mg (36.08%), Vitamin B3: 5.73mg (28.67%), Vitamin B12: 1.67µg (27.85%), Zinc: 3.84mg (25.59%), Vitamin B2: 0.42mg (24.48%), Vitamin A: 921.27IU (18.43%), Iron: 3.13mg (17.39%), Vitamin B6: 0.32mg (16.15%), Fiber: 3.89g (15.58%), Magnesium: 56.09mg (14.02%), Folate: 55.18µg (13.8%), Copper: 0.25mg (12.6%), Vitamin B5: 0.98mg (9.81%), Potassium: 311.45mg (8.9%), Vitamin E: 1.02mg (6.78%), Vitamin D: 0.61µg (4.05%), Vitamin C: 1.25mg (1.52%)