



Croque Big Daddy

READY IN



30 min.

SERVINGS



4

CALORIES



931 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons flour all-purpose
- 4 cups gruyere cheese shredded
- 2 inch maple baked ham thick
- 1 jalapeño diced seeded finely
- 4 servings salt and pepper black freshly ground
- 0.5 teaspoon seafood seasoning (recommended: Old Bay)
- 1 cup mozzarella cheese shredded
- 3 tablespoons butter unsalted softened
- 8 slices bread thick-cut white hearty

2 cups milk whole

Equipment

sauce pan

grill

grill pan

Directions

Preheat a grill pan over medium-low heat.

In a medium saucepan over medium heat, add the 3 tablespoons butter, jalapeno and seafood seasoning. Cook until the jalapeno begins to soften, about 3 minutes. Next, add the flour and stir to combine and make a blond roux, about 3 minutes.

Add the milk and season with salt and pepper. Stir in the Gruyere and mozzarella and turn the heat to low. Cook for 2 minutes, and then cover to keep warm.

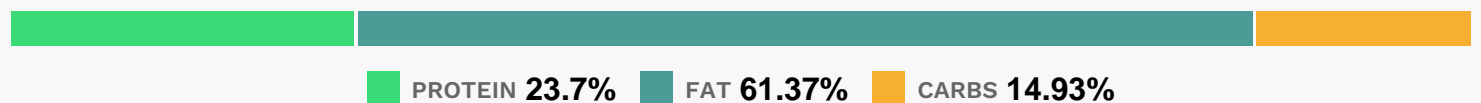
Place the ham on the grill and cook until well marked and warmed, about 2 minutes per side.

Spread 1 tablespoon softened butter on one side of the bread slices and place on the grill, about 2 minutes.

Spread the remaining 1 tablespoon softened butter on the other side and flip, cooking about 2 minutes more. Evenly divide the cheese sauce on 4 slices bread and top with 1 slice ham.

Place the remaining 4 bread slices on top to create a sandwich.

Nutrition Facts



Properties

Glycemic Index:69.69, Glycemic Load:21.99, Inflammation Score:-8, Nutrition Score:28.233912944794%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 931.41kcal (46.57%), Fat: 63.39g (97.53%), Saturated Fat: 36.8g (229.99%), Carbohydrates: 34.71g (11.57%), Net Carbohydrates: 33.31g (12.11%), Sugar: 9.47g (10.52%), Cholesterol: 205.32mg (68.44%), Sodium: 1419.4mg (61.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.08g (110.15%), Calcium: 1736.68mg (173.67%), Phosphorus: 1088.22mg (108.82%), Vitamin B12: 3.44µg (57.25%), Selenium: 39.52µg (56.46%), Zinc: 6.98mg (46.57%), Vitamin B2: 0.76mg (44.93%), Vitamin A: 1946.03IU (38.92%), Vitamin B1: 0.45mg (29.95%), Magnesium: 83.79mg (20.95%), Folate: 79.18µg (19.8%), Manganese: 0.39mg (19.56%), Vitamin D: 2.41µg (16.08%), Vitamin B5: 1.55mg (15.51%), Vitamin B3: 3.01mg (15.06%), Vitamin B6: 0.26mg (13.14%), Iron: 2.32mg (12.9%), Potassium: 391.58mg (11.19%), Vitamin K: 8.24µg (7.85%), Vitamin E: 0.97mg (6.49%), Copper: 0.12mg (6.09%), Fiber: 1.4g (5.61%), Vitamin C: 4.18mg (5.07%)