



Croque Hers

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 4 slices brioche bread
- ☐ 4 servings butter
- ☐ 1.3 cup comté cheese grated
- ☐ 4 large eggs
- ☐ 6 tablespoons flour all-purpose
- ☐ 4 servings nutmeg freshly grated
- ☐ 0.3 cup oil-packed sun-dried tomatoes plus more for garnish sliced

- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup roquefort cheese shredded
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 6 tablespoons butter unsalted
- ☐ 2 tablespoons vinegar white
- ☐ 2 cups milk whole

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ broiler
- ☐ slotted spoon

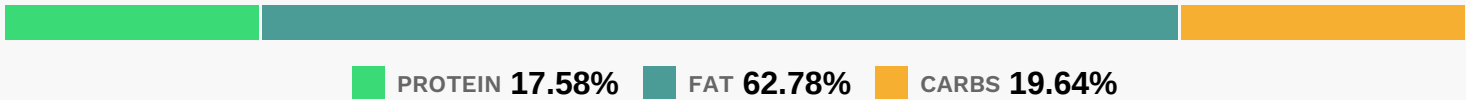
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Toss the asparagus with the oil and some salt and pepper, and spread evenly on a sheet tray. Roast until slightly softened but still green and crisp, about 8 minutes.
- ☐ Preheat the broiler with a rack set on the middle shelf.
- ☐ Heat a griddle over medium heat.
- ☐ Spread one side of each slice of the brioche with butter and place butter-side down on the hot griddle. Top each slice with equal amounts of cheese, asparagus and sun-dried tomatoes. Cook until the bread is golden brown, about 2 minutes.
- ☐ Transfer to a baking sheet.
- ☐ Fill a 10-inch skillet with water, and add 1 teaspoon salt and the white vinegar. Bring to a simmer. Crack the eggs one at a time into small ramekins, turn off the heat and add each egg

to the water. Cover, and sit until the whites turn solid, 3 minutes. Gently remove with a slotted spoon.

- ☐ While the eggs are poaching, cover each sandwich with the Funky Mornay Sauce and place under the broiler until the sauce is bubbling and browned in spots.
- ☐ Place a poached egg on each sandwich. Season with cracked black pepper and garnish with additional sun-dried tomatoes.
- ☐ In a high-sided skillet over medium heat, melt the butter.
- ☐ Add the flour and whisk until blonde, 2 to 3 minutes. Slowly whisk in the milk until combined.
- ☐ Add in some nutmeg, and simmer until thick, about 10 minutes.
- ☐ Whisk in the Roquefort until mostly smooth, and season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:115.67, Glycemic Load:17.56, Inflammation Score:-9, Nutrition Score:33.642608476722%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 757.26kcal (37.86%), Fat: 53.55g (82.38%), Saturated Fat: 29.13g (182.04%), Carbohydrates: 37.69g (12.56%), Net Carbohydrates: 32.6g (11.85%), Sugar: 13.14g (14.6%), Cholesterol: 315.22mg (105.07%), Sodium: 1050.49mg (45.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.75g (67.5%), Calcium: 775.04mg (77.5%), Phosphorus: 672.44mg (67.24%), Selenium: 40.99µg (58.56%), Vitamin B2: 0.93mg (54.61%), Vitamin K: 57.26µg (54.53%), Vitamin A: 2583.77IU (51.68%), Manganese: 0.82mg (41.17%), Folate: 145.22µg (36.3%), Vitamin B1: 0.53mg (35.28%), Iron: 5.71mg (31.72%), Vitamin B12: 1.9µg (31.71%), Zinc: 4.25mg (28.33%), Vitamin B5: 2.47mg (24.72%), Potassium: 830.07mg (23.72%), Copper: 0.45mg (22.54%), Magnesium: 87.53mg (21.88%), Vitamin B3: 4.32mg (21.58%), Vitamin E: 3.15mg (21.01%), Fiber: 5.09g (20.37%), Vitamin D: 2.9µg (19.36%), Vitamin B6: 0.38mg (18.87%), Vitamin C: 9.16mg (11.1%)