

Croque-Madame

READY IN



30 min.

SERVINGS



2

CALORIES



675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter melted
- 4 slices finely-chopped ham cooked
- 1 cup swiss cheese divided grated
- 1 cup sauce
- 4 slices sandwich bread white
- 2 frangelico cooked
- 2 frangelico cooked

Equipment

- frying pan
- oven
- broiler
- spatula

Directions

- Preheat broiler.
- Heat a large ovenproof skillet over medium-high heat. Butter bread on all sides, and top 2 of the slices with ham and, if desired, a smear of Dijon. Top with 1/2 cup cheese, and cover with remaining bread slices.
- Place sandwiches in skillet, pressing gently with back of spatula.
- Let cook about 1 to 2 minutes or until bottom is lightly golden.
- Top sandwiches in skillet with Mornay Sauce and remaining 1/2 cup cheese.
- Place skillet in oven, and broil 2 to 3 minutes or until golden and bubbly, taking care not to burn. Top with egg, and serve immediately.

Nutrition Facts

■ PROTEIN **18.58%** ■ FAT **46.18%** ■ CARBS **35.24%**

Properties

Glycemic Index:75.89, Glycemic Load:17.75, Inflammation Score:-6, Nutrition Score:19.775652387868%

Nutrients (% of daily need)

Calories: 675.36kcal (33.77%), Fat: 34.27g (52.73%), Saturated Fat: 18.39g (114.92%), Carbohydrates: 58.86g (19.62%), Net Carbohydrates: 57.71g (20.99%), Sugar: 30g (33.34%), Cholesterol: 121.2mg (40.4%), Sodium: 2494.75mg (108.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.03g (62.06%), Calcium: 592.82mg (59.28%), Selenium: 39.08µg (55.83%), Phosphorus: 533.34mg (53.33%), Vitamin B12: 2.44µg (40.74%), Vitamin B1: 0.56mg (37.13%), Zinc: 4.06mg (27.07%), Vitamin B2: 0.42mg (24.8%), Vitamin B3: 4.41mg (22.04%), Manganese: 0.32mg (16.25%), Vitamin A: 798.56IU (15.97%), Vitamin C: 13.05mg (15.82%), Folate: 62.46µg (15.61%), Iron: 2.23mg (12.38%), Vitamin B6: 0.23mg (11.38%), Magnesium: 43.36mg (10.84%), Vitamin B5: 1mg (10.04%), Copper: 0.15mg (7.56%), Potassium: 257.56mg (7.36%), Vitamin E: 0.76mg (5.06%), Fiber: 1.15g (4.6%), Vitamin K: 1.84µg (1.75%)