



## Croque madame

READY IN



15 min.

SERVINGS



1

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 slices ham thin
- ☐ 50 g monterey jack grated
- ☐ 2 chunky bread such as sourdough
- ☐ 2 tbsp butter
- ☐ 1 eggs
- ☐ 1 handful salad

## Equipment

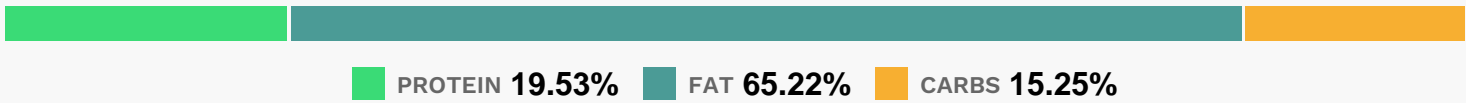
- ☐ frying pan

☐ oven

## Directions

- ☐ Heat a frying pan on a medium heat and put oven on low.
- ☐ Put the ham and cheese between the bread slices and press to seal, then spread half the butter on the outside of the sandwich on both sides.
- ☐ Fry in the pan, pressing down with a fish slice, for 1–2 mins until golden then flip and cook the other side. Keep warm in the oven. Melt remaining butter in the pan and fry egg for 1–2 mins until cooked. Top the croque with the egg and serve with salad.

## Nutrition Facts



## Properties

Glycemic Index:135.67, Glycemic Load:14.39, Inflammation Score:-8, Nutrition Score:24.727391139321%

## Nutrients (% of daily need)

Calories: 748.97kcal (37.45%), Fat: 54.32g (83.57%), Saturated Fat: 29.27g (182.92%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 26.32g (9.57%), Sugar: 3.64g (4.04%), Cholesterol: 303.96mg (101.32%), Sodium: 1485.09mg (64.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.61g (73.21%), Selenium: 50.04µg (71.49%), Phosphorus: 523.62mg (52.36%), Calcium: 483.58mg (48.36%), Vitamin B2: 0.69mg (40.62%), Vitamin B1: 0.61mg (40.35%), Manganese: 0.75mg (37.6%), Vitamin A: 1787.34IU (35.75%), Vitamin B3: 5.94mg (29.7%), Zinc: 4.06mg (27.06%), Folate: 94.61µg (23.65%), Iron: 3.89mg (21.62%), Vitamin B6: 0.42mg (21.11%), Vitamin B12: 1.21µg (20.22%), Vitamin B5: 1.57mg (15.74%), Magnesium: 57.35mg (14.34%), Potassium: 415.96mg (11.88%), Vitamin C: 9.39mg (11.38%), Vitamin D: 1.57µg (10.48%), Vitamin E: 1.56mg (10.39%), Copper: 0.2mg (9.85%), Fiber: 2.24g (8.96%), Vitamin K: 6.11µg (5.82%)