



Croque Madame Sandwich

READY IN



30 min.

SERVINGS



4

CALORIES



1349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 4 eggs
- 2 tablespoons flour
- 12 ounces gruyère cheese divided grated
- 0.8 pound ham
- 0.5 teaspoon kosher salt plus more for seasoning
- 0.3 cup parmesan grated
- 8 slices sourdough bread thick
- 6 ounces butter unsalted divided

- 1 cup milk whole

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- whisk
- broiler

Directions

- Preheat the broiler.
- Make the bechamel sauce: In a small saucepan, melt 1 ounce butter over medium heat.
- Whisk in the flour and cook, stirring constantly, until you smell the flour and butter cooking, 2 to 3 minutes. Do not allow it to brown.
- Add the milk and bay leaf and cook, stirring from time to time, until the mixture thickens like a soup, 10 to 12 minutes.
- Remove the bay leaf and stir in the Parmesan.
- Transfer to a bowl to cool.
- Arrange 4 slices of the bread on a flat surface. Top each with 2 to 3 slices of ham.
- Mix together half of the Gruyere cheese and the bechamel sauce. Taste for seasoning.
- Spread a little of the sauce on top of the ham and top each with another slice of bread.
- Heat a large cast iron skillet and, when hot, add half of the remaining butter.
- Add 2 of the sandwiches and brown on one side, 2 minutes. Turn on the other side and brown 2 more minutes.
- Transfer to a baking sheet and repeat with the remaining butter and sandwiches.
- Spread the remaining bechamel on top of the sandwiches and top with the other half of the Gruyere cheese.
- Wipe any crumbs from the cast iron skillet and spray with nonstick spray. Crack 4 eggs into the skillet, leaving a little room between each. (Alternatively, fry 2 at a time). While the eggs

are frying, place the sandwiches under the broiler and broil until the top becomes golden brown, 1 to 2 minutes. Season the eggs with salt and top each sandwich with a fried egg.

Serve immediately.

Nutrition Facts

PROTEIN 20.19% **FAT 58.15%** **CARBS 21.66%**

Properties

Glycemic Index:55.13, Glycemic Load:54.42, Inflammation Score:-9, Nutrition Score:42.124347967055%

Nutrients (% of daily need)

Calories: 1348.73kcal (67.44%), Fat: 87.11g (134.02%), Saturated Fat: 47.22g (295.16%), Carbohydrates: 73.01g (24.34%), Net Carbohydrates: 70.09g (25.49%), Sugar: 9.4g (10.45%), Cholesterol: 412.96mg (137.65%), Sodium: 2868.56mg (124.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.04g (136.09%), Selenium: 86.02µg (122.88%), Calcium: 1116.33mg (111.63%), Vitamin B1: 1.56mg (103.78%), Phosphorus: 1037.34mg (103.73%), Vitamin B2: 1.31mg (77.11%), Vitamin B3: 10.41mg (52.04%), Zinc: 7.68mg (51.18%), Folate: 197.8µg (49.45%), Vitamin B12: 2.77µg (46.22%), Vitamin A: 2255.72IU (45.11%), Iron: 6.91mg (38.37%), Manganese: 0.74mg (37.16%), Vitamin B6: 0.65mg (32.5%), Magnesium: 104.8mg (26.2%), Vitamin B5: 2.29mg (22.88%), Vitamin D: 3.33µg (22.17%), Potassium: 634.27mg (18.12%), Copper: 0.34mg (16.96%), Vitamin E: 2.31mg (15.39%), Fiber: 2.92g (11.7%), Vitamin K: 6.6µg (6.29%)