

Croque Monsieur

READY IN



25 min.

SERVINGS



4

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 teaspoons butter
- 8 slices deli ham
- 0.3 cup dijon mustard
- 0.3 cup cooking wine dry white
- 1 tablespoon flour all-purpose
- 4 teaspoons parsley fresh chopped
- 0.8 cup gouda cheese shredded
- 1 dash ground nutmeg
- 0.3 cup heavy cream

- 4 servings salt and pepper to taste
- 8 slices sourdough bread (3/)

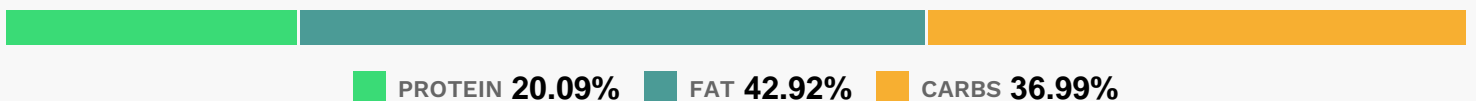
Equipment

- frying pan
- sauce pan
- oven
- whisk
- grill

Directions

- Melt 1/4 cup butter in a small saucepan over medium heat. Gradually stir the flour into the butter.
- Add small portions of the cream and wine alternately, whisking after each addition to thicken before introducing the next amount. Season with salt, pepper, and nutmeg. Melt the cheese into the liquid in small amounts, stirring continually. Reduce heat to low and keep sauce warm until using.
- Place a large skillet over medium-high heat.
- Spread 1/2 teaspoon of butter on one side of each slice of bread; spread about 1/2 tablespoon of Dijon mustard on the opposite side of each slice. Assemble the sandwiches by placing four slices of bread, buttered side down, into the skillet. Top each slice of bread with two slices of ham folded to completely fit on the bread; spoon equal amounts of the cheese sauce over the ham, reserving some of the sauce for later.
- Place the remaining slices of bread, mustard side down, atop the ham and cheese. Grill the sandwiches on each side until the bread is an even, golden brown color. Spoon a little of the cheese sauce on top of each sandwich before serving.
- Garnish each sandwich with 1 teaspoon of parsley.

Nutrition Facts



Properties

Glycemic Index:95.38, Glycemic Load:52.67, Inflammation Score:-8, Nutrition Score:28.334347813026%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 775.41kcal (38.77%), Fat: 36.49g (56.15%), Saturated Fat: 19.07g (119.2%), Carbohydrates: 70.76g (23.59%), Net Carbohydrates: 67.17g (24.42%), Sugar: 7.92g (8.8%), Cholesterol: 118.45mg (39.48%), Sodium: 2201.96mg (95.74%), Alcohol: 1.54g (100%), Alcohol %: 0.68% (100%), Protein: 38.44g (76.88%), Selenium: 62.34µg (89.06%), Vitamin B1: 1.31mg (87.25%), Phosphorus: 531.27mg (53.13%), Vitamin B2: 0.88mg (51.73%), Vitamin B3: 8.93mg (44.65%), Folate: 174.39µg (43.6%), Calcium: 407.45mg (40.74%), Manganese: 0.79mg (39.34%), Iron: 6.01mg (33.39%), Zinc: 4.55mg (30.33%), Vitamin B6: 0.41mg (20.59%), Magnesium: 75.85mg (18.96%), Vitamin B12: 1.08µg (18.03%), Fiber: 3.59g (14.36%), Copper: 0.28mg (13.84%), Vitamin A: 685.98IU (13.72%), Potassium: 421.11mg (12.03%), Vitamin B5: 0.95mg (9.52%), Vitamin D: 0.93µg (6.21%), Vitamin E: 0.93mg (6.21%), Vitamin K: 4.84µg (4.61%)