



Croque Monsieur

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces deli honey ham thinly sliced reduced-fat
- ☐ 3 large egg whites
- ☐ 0.5 cup skim milk fat-free
- ☐ 6 ounce bread french
- ☐ 4 teaspoons dijon honey mustard
- ☐ 4 ounce swiss cheese reduced-fat

Equipment

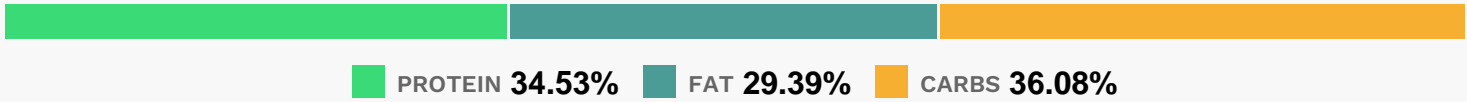
- ☐ bowl

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cut a slit in each bread slice to form a pocket.
- ☐ Spread 1 teaspoon honey mustard into each bread pocket. Divide ham and cheese evenly among bread pockets.
- ☐ Combine milk and egg whites in a shallow bowl, stirring with a whisk. Dip sandwiches, 1 at a time, in milk mixture, turning to coat.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add 2 sandwiches; cook 3 minutes on each side or until golden brown. Repeat procedure with remaining sandwiches.

Nutrition Facts



Properties

Glycemic Index:28.44, Glycemic Load:17.51, Inflammation Score:-4, Nutrition Score:14.222608748985%

Nutrients (% of daily need)

Calories: 303.03kcal (15.15%), Fat: 9.67g (14.88%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 25.78g (9.37%), Sugar: 5.06g (5.63%), Cholesterol: 37.21mg (12.4%), Sodium: 895.82mg (38.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.56g (51.13%), Selenium: 30.98µg (44.25%), Vitamin B1: 0.58mg (38.75%), Phosphorus: 343.65mg (34.36%), Calcium: 339.69mg (33.97%), Vitamin B2: 0.53mg (30.96%), Vitamin B3: 4.03mg (20.17%), Zinc: 2.68mg (17.86%), Vitamin B12: 0.95µg (15.81%), Folate: 56.88µg (14.22%), Vitamin B6: 0.25mg (12.44%), Iron: 2.1mg (11.67%), Manganese: 0.23mg (11.62%), Magnesium: 38.29mg (9.57%), Potassium: 294.33mg (8.41%), Copper: 0.11mg (5.69%), Vitamin B5: 0.49mg (4.93%), Vitamin D: 0.66µg (4.42%), Fiber: 0.94g (3.74%), Vitamin A: 105.57IU (2.11%), Vitamin E: 0.26mg (1.75%)