



Croque Monsieur

READY IN



45 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter at room temperature
- ☐ 0.3 pound ham cooked very thinly sliced (see notes)
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup fat-skimmed chicken broth
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 cups fontina shredded
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 tablespoons shallots minced
- ☐ 0.3 cup whipping cream

- ☐ 8 slices bread white thick firm (each 4 in. square and)

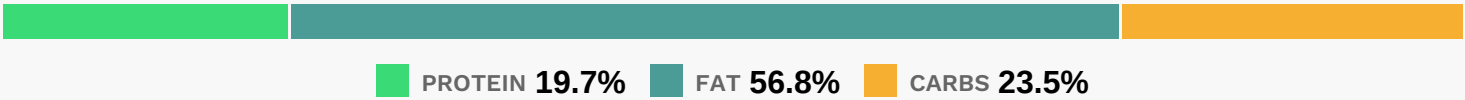
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ In a 10- to 12-inch nonstick frying pan over medium-high heat, stir shallots in 1 tablespoon butter. Stir often until golden, about 3 minutes.
- ☐ Add flour; stir until blended.
- ☐ Remove from heat and add broth and milk; whisk to blend well. Return to heat and whisk until mixture is boiling vigorously.
- ☐ Remove from heat and add cheese and nutmeg; stir until cheese is melted.
- ☐ Pour sauce into a bowl. Rinse and dry pan.
- ☐ Lightly butter one side of each bread slice and lay buttered sides down on a board. Divide half the cheese sauce equally among 4 slices; spread sauce to edges.
- ☐ Lay ham equally over sauce.
- ☐ Spread mustard equally on unbuttered sides of remaining 4 bread slices; invert each onto a slice topped with ham.
- ☐ Put frying pan on medium heat.
- ☐ Lay two sandwiches in pan; cover and cook until well browned on the bottom. Turn with a spatula and brown other sides, about 4 minutes total.
- ☐ Transfer sandwiches to a 10- by 15-inch pan and keep warm, uncovered, in a 200 oven. Repeat to cook remaining sandwiches. Spoon remaining cheese sauce equally over sandwiches; spread slightly over edges.
- ☐ Broil sandwiches about 4 inches from heat until sauce is bubbling and lightly browned, 1 to 1 1/2 minutes.

Nutrition Facts



Properties

Glycemic Index:77.19, Glycemic Load:19.01, Inflammation Score:-7, Nutrition Score:15.391739187033%

Nutrients (% of daily need)

Calories: 486.43kcal (24.32%), Fat: 30.67g (47.18%), Saturated Fat: 15.02g (93.86%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 26.87g (9.77%), Sugar: 4.41g (4.9%), Cholesterol: 94.92mg (31.64%), Sodium: 1173.13mg (51.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.93g (47.86%), Selenium: 28.4µg (40.56%), Calcium: 398.85mg (39.88%), Phosphorus: 335.54mg (33.55%), Vitamin B1: 0.45mg (30.05%), Vitamin B12: 1.29µg (21.51%), Vitamin B2: 0.34mg (19.84%), Zinc: 2.92mg (19.5%), Manganese: 0.38mg (18.88%), Vitamin B3: 3.71mg (18.57%), Vitamin A: 927.04IU (18.54%), Folate: 65.81µg (16.45%), Iron: 2.34mg (12.98%), Vitamin B6: 0.19mg (9.54%), Vitamin C: 7.14mg (8.65%), Vitamin B5: 0.83mg (8.34%), Magnesium: 32.9mg (8.22%), Fiber: 1.69g (6.76%), Potassium: 221.24mg (6.32%), Copper: 0.12mg (6.2%), Vitamin E: 0.63mg (4.18%), Vitamin D: 0.54µg (3.57%), Vitamin K: 2.02µg (1.92%)