



## Croque Monsieur

READY IN



5 min.

SERVINGS



5

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 Tbsp philadelphia chive & onion cream cheese spread
- 12 slices oscar mayer deli virginia brand ham fresh
- 2 slices bread french ()
- 2 big aged swiss cheese kraft

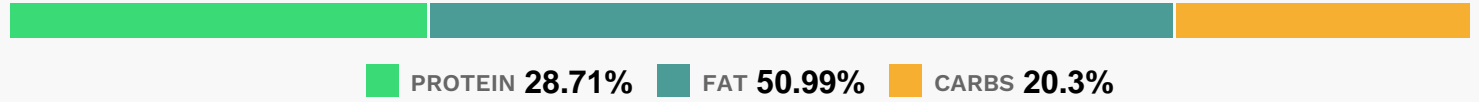
### Equipment

- broiler

### Directions

- Heat broiler.
- Broil bread, 6 inches from heat, 30 sec. or until toasted; turn.
- Spread with cream cheese spread; top with ham and Swiss cheese.
- Broil 30 sec. or until Swiss cheese is melted.

## Nutrition Facts



### Properties

Glycemic Index:21.5, Glycemic Load:10.27, Inflammation Score:-3, Nutrition Score:10.293043406113%

### Nutrients (% of daily need)

Calories: 275.52kcal (13.78%), Fat: 15.38g (23.67%), Saturated Fat: 6.28g (39.27%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 13.22g (4.81%), Sugar: 1.38g (1.53%), Cholesterol: 51.96mg (17.32%), Sodium: 994.05mg (43.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.49g (38.99%), Vitamin B1: 0.59mg (39.09%), Selenium: 24.62µg (35.18%), Vitamin B3: 4.24mg (21.18%), Phosphorus: 209.72mg (20.97%), Vitamin B2: 0.28mg (16.38%), Vitamin B6: 0.29mg (14.38%), Zinc: 2.12mg (14.15%), Vitamin B12: 0.64µg (10.59%), Iron: 1.59mg (8.86%), Calcium: 86.22mg (8.62%), Folate: 34.12µg (8.53%), Manganese: 0.14mg (7.19%), Potassium: 226.97mg (6.48%), Magnesium: 23.2mg (5.8%), Copper: 0.1mg (4.89%), Vitamin B5: 0.42mg (4.22%), Vitamin D: 0.47µg (3.14%), Vitamin A: 117.24IU (2.34%), Fiber: 0.56g (2.25%), Vitamin E: 0.34mg (2.24%)