



Croque Monsieur Bites

READY IN



16 min.

SERVINGS



16

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices sandwich bread firm thin
- 4 swiss cheese halved sliced
- 8 ham smoked sliced
- 1 dash nutmeg grated
- 2 tablespoons butter

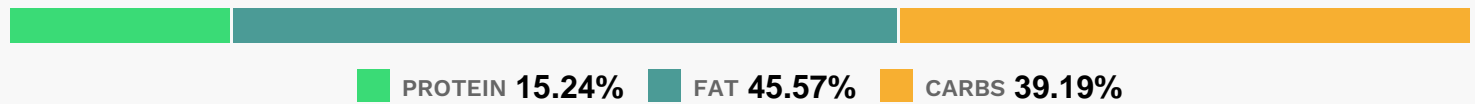
Equipment

- frying pan

Directions

- Cut crust from bread.
- Place 4 sliced of bread on work surface, then layer each with half a slice of cheese, 2 slices of ham and remaining half slice of cheese; sprinkle with nutmeg. Top with remaining 4 slices of bread.
- Brush outside of sandwiches with melted butter.
- Cook sandwiches in large skillet over medium heat 2-3 minutes per side, or until golden brown and cheese is melted.
- Cut into quarters

Nutrition Facts



Properties

Glycemic Index:13.86, Glycemic Load:4.41, Inflammation Score:-1, Nutrition Score:2.1034782716761%

Nutrients (% of daily need)

Calories: 63.82kcal (3.19%), Fat: 3.23g (4.96%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 6.24g (2.08%), Net Carbohydrates: 5.94g (2.16%), Sugar: 0.69g (0.76%), Cholesterol: 7.95mg (2.65%), Sodium: 84.82mg (3.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Calcium: 64.79mg (6.48%), Selenium: 4.2µg (6%), Vitamin B1: 0.06mg (4.28%), Phosphorus: 40.24mg (4.02%), Manganese: 0.08mg (3.8%), Folate: 14.36µg (3.59%), Vitamin B3: 0.6mg (3%), Vitamin B2: 0.04mg (2.56%), Iron: 0.43mg (2.41%), Vitamin B12: 0.13µg (2.19%), Zinc: 0.31mg (2.05%), Vitamin A: 79.2IU (1.58%), Magnesium: 5.08mg (1.27%), Fiber: 0.3g (1.2%)