



Croque Monsieur Ham and Cheese Sandwich

 Popular

READY IN



25 min.

SERVINGS



4

CALORIES



713 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 Tbsp butter
- ☐ 2 Tbsp flour
- ☐ 1.5 cups milk
- ☐ 1 pinch salt freshly ground to taste
- ☐ 1.5 cups gruyère cheese grated
- ☐ 0.3 cup parmesan cheese packed grated ()
- ☐ 8 slices loaf bread french italian
- ☐ 12 ounces ham sliced

- ☐ 4 servings dijon mustard

Equipment

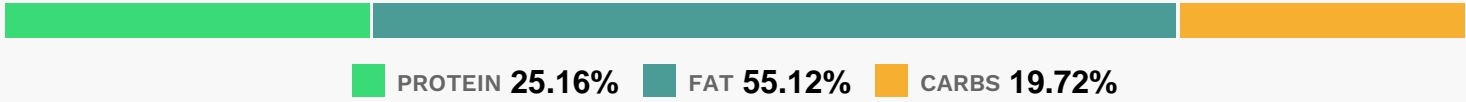
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ broiler

Directions

- ☐ Preheat oven to 400°F.
- ☐ Make the béchamel sauce: Melt butter in a small saucepan on medium/low heat until it just starts to bubble.
- ☐ Add the flour and cook, stirring until smooth, about 2 minutes.
- ☐ Slowly add the milk, whisking continuously, cooking until thick.
- ☐ Remove from heat.
- ☐ Add the salt, pepper, and nutmeg.
- ☐ Stir in the Parmesan and 1/4 cup of the grated Gruyère. Set aside.
- ☐ Lay out the bread slices on a baking sheet and toast them in the 400°F oven, a few minutes each side, until lightly toasted. For extra flavor you can spread some butter on the bread slices before you toast them if you want.
- ☐ (Alternatively, you can assemble the sandwiches as follows in step four and grill them on a skillet, finishing them in the broiler with the bechamel sauce.)
- ☐ Build the sandwiches: Lightly brush half of the toasted slices with mustard.
- ☐ Add the ham slices and about 1 cup of the remaining Gruyère cheese. Top with the other toasted bread slices.
- ☐ Add bechamel, more Gruyere: Spoon on the béchamel sauce to the tops of the sandwiches.
- ☐ Sprinkle with the remaining Gruyère cheese.

- ☐
- Place on a broiling pan.
- ☐
- Bake in the oven for 5 minutes, then turn on the broiler and broil for an additional 3 to 5 minutes, until the cheese topping is bubbly and lightly browned.
- ☐
- If you top this sandwich with a fried egg it becomes a Croque Madame.

Nutrition Facts



Properties

Glycemic Index:71.42, Glycemic Load:18.01, Inflammation Score:-7, Nutrition Score:26.842608582714%

Nutrients (% of daily need)

Calories: 713.43kcal (35.67%), Fat: 43.43g (66.82%), Saturated Fat: 21.17g (132.32%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 32.41g (11.79%), Sugar: 7.88g (8.75%), Cholesterol: 138.86mg (46.29%), Sodium: 1872.71mg (81.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.6g (89.2%), Calcium: 749.23mg (74.92%), Selenium: 49.58µg (70.83%), Phosphorus: 696.95mg (69.7%), Vitamin B1: 0.86mg (57.55%), Vitamin B2: 0.64mg (37.61%), Manganese: 0.75mg (37.32%), Vitamin B3: 7.33mg (36.65%), Zinc: 5.2mg (34.64%), Vitamin B12: 1.93µg (32.11%), Vitamin B6: 0.49mg (24.59%), Magnesium: 73.52mg (18.38%), Iron: 3.13mg (17.36%), Vitamin A: 853.79IU (17.08%), Folate: 62.91µg (15.73%), Vitamin B5: 1.53mg (15.27%), Potassium: 524.59mg (14.99%), Vitamin D: 1.93µg (12.87%), Fiber: 2.56g (10.25%), Copper: 0.18mg (9.11%), Vitamin E: 0.81mg (5.42%), Vitamin K: 5.09µg (4.84%)