



Croque Monsieur Style Monte Cristo Croutons with Frisee Salad and Shallot Vinaigrette

READY IN



25 min.

SERVINGS



4

CALORIES



982 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 tablespoons butter
- 3 tablespoons dijon mustard
- 2 tablespoons flour all-purpose
- 1 large head heads frisee lettuce
- 8 slices gruyere cheese
- 8 slices baked ham
- 4 servings nutmeg grated
- 0.3 cup olive oil extra-virgin

- 2 tablespoons orange marmalade
- 1 large heart romaine lettuce cleaned sliced
- 4 servings salt and pepper black freshly ground
- 2 tablespoons shallots grated
- 8 slices bread white
- 2 tablespoons citrus champagne vinegar
- 3 eggs whole
- 2 cups milk whole

Equipment

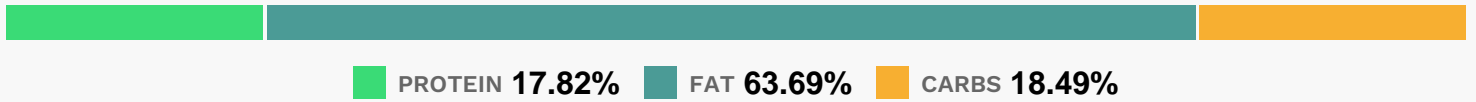
- bowl
- frying pan
- paper towels
- whisk
- pot

Directions

- Watch how to make this recipe.
- Preheat a griddle pan or cast iron skillet over medium heat.
- Whisk together the marmalade, shallot, 1 tablespoon of the Dijon mustard and vinegar, in a small bowl.
- Add the extra-virgin olive oil in a slow stream, while whisking, and then season the dressing with salt and pepper, to taste. Set aside.
- Combine the romaine with the frisee on large platter or in a shallow bowl.
- Melt 3 tablespoons of the butter in a sauce pot over medium heat, then whisk in the flour, and cook for 1 minute.
- Whisk in 1 1/3 cups of the milk and cook until the mixture coats the back of a spoon, about 3 minutes. Season the sauce with salt, pepper and nutmeg, to taste. Stir in the remaining 2 tablespoons of mustard and turn off the heat.

- Spread 4 slices of bread with the white sauce and top each with a slice of cheese, 2 slices folded ham, another slice of cheese.
- Spread the remaining bread with sauce and cover the sandwiches. Trim the crusts, if you prefer, then quarter the sandwiches.
- Beat the eggs with the remaining milk in a shallow bowl and dip the sandwiches in the batter as you add them to the griddle. Wipe the griddle with butter nested in a paper towel before you start adding the sandwiches. Griddle the sandwiches until deep golden, about 2 to 3 minutes on each side.
- Toss the salad with the dressing and divide it among 4 plates. Arrange 4 Croque Monsieur Monte Cristo croutons on top of each salad and serve.

Nutrition Facts



Properties

Glycemic Index:100.44, Glycemic Load:22.43, Inflammation Score:-10, Nutrition Score:41.349565505981%

Flavonoids

Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 982.42kcal (49.12%), Fat: 69.85g (107.46%), Saturated Fat: 29.72g (185.77%), Carbohydrates: 45.63g (15.21%), Net Carbohydrates: 40.82g (14.84%), Sugar: 16.49g (18.32%), Cholesterol: 271.35mg (90.45%), Sodium: 1666.11mg (72.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.99g (87.98%), Vitamin K: 189.84µg (180.8%), Vitamin A: 5201.33IU (104.03%), Calcium: 924.62mg (92.46%), Phosphorus: 761.17mg (76.12%), Selenium: 50.51µg (72.15%), Vitamin B1: 0.81mg (53.75%), Vitamin B2: 0.82mg (48.06%), Folate: 162.27µg (40.57%), Vitamin B12: 2.24µg (37.28%), Manganese: 0.74mg (37.2%), Zinc: 5.29mg (35.25%), Vitamin E: 5.21mg (34.74%), Vitamin B3: 5.73mg (28.64%), Vitamin B6: 0.53mg (26.59%), Vitamin B5: 2.55mg (25.51%), Magnesium: 92.79mg (23.2%), Potassium: 804.07mg (22.97%), Iron: 4.05mg (22.52%), Fiber: 4.81g (19.25%), Copper: 0.37mg (18.56%), Vitamin D: 2.73µg (18.2%), Vitamin C: 14.86mg (18.02%)