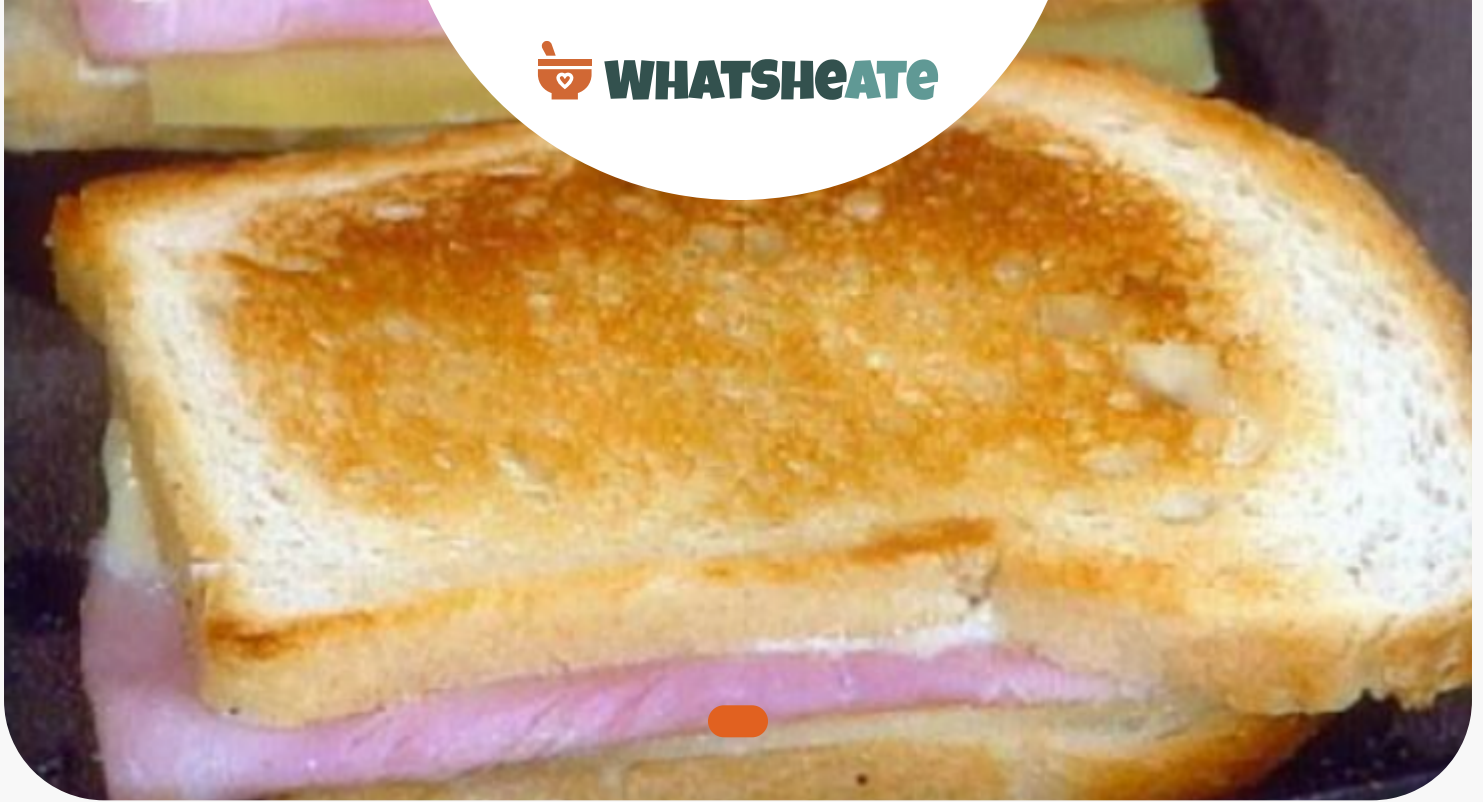




Croque Monsieurs a la Rachelle My take on French grilled cheese and ham sammys

READY IN



30 min.

SERVINGS



4

CALORIES



727 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter divided
- ☐ 2 tablespoons dijon mustard prepared
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cups half-and-half
- ☐ 0.8 pound ham french such as mandrange, deli sliced or, sliced boiled ham or style
- ☐ 1 small jar pickled onions
- ☐ 1 small jar baby gherkin pickles
- ☐ 0.5 teaspoon salt

- ☐ 0.7 pound swiss cheese thinly sliced recommended: Emmentaler
- ☐ 8 slices local bakery and have it fresh white sliced for you
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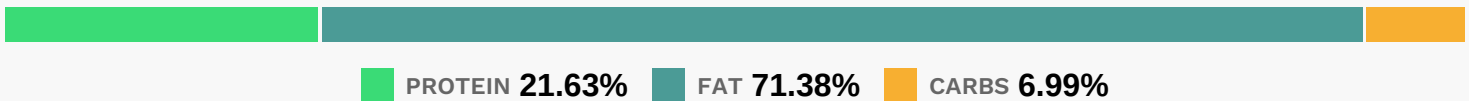
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ spatula

Directions

- ☐ Line up 8 slices of bread on a work surface.
- ☐ Heat a small saucepot over medium heat.
- ☐ Add 2 tablespoons butter and melt.
- ☐ Add flour to the butter and whisk together. Cook flour and butter together for 1 to 2 minutes, then whisk in half-and-half or milk. Bring sauce to a bubble and thicken another 1 or 2 minutes. Season sauce with salt, then whisk in prepared Dijon mustard.
- ☐ Heat a large nonstick griddle or skillet over medium heat.
- ☐ Spread each slice of bread with Dijon bechamel sauce and build 4 sandwiches with 2 or 3 slices of ham and 2 slices of cheese per sandwich. The Dijon bechamel sauce will help hold the meat and cheese in place. Make slices of ham and cheese rest flat; do not pile the meat or cheese. Butter the tops of the 4 sandwiches and set onto griddle or grill, buttered side down. Butter opposite side of each sandwich while the first side is grilling. Toast sandwiches 4 minutes on each side, turn with thin spatula.
- ☐ Serve with cornichons, pickled onions and extra Dijon mustard to pass at table.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:2.4, Inflammation Score:-8, Nutrition Score:21.91043472229%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 726.55kcal (36.33%), Fat: 58.31g (89.7%), Saturated Fat: 34.23g (213.96%), Carbohydrates: 12.86g (4.29%), Net Carbohydrates: 11.3g (4.11%), Sugar: 6.84g (7.6%), Cholesterol: 197.78mg (65.93%), Sodium: 2783.48mg (121.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.75g (79.5%), Calcium: 882.52mg (88.25%), Phosphorus: 787.54mg (78.75%), Selenium: 30.66µg (43.8%), Vitamin B12: 2.55µg (42.48%), Zinc: 5.57mg (37.12%), Vitamin A: 1793.18IU (35.86%), Vitamin B2: 0.56mg (32.88%), Vitamin K: 23.25µg (22.14%), Magnesium: 76.22mg (19.05%), Potassium: 601.65mg (17.19%), Copper: 0.29mg (14.56%), Iron: 1.98mg (10.99%), Vitamin B1: 0.14mg (9.51%), Vitamin E: 1.41mg (9.38%), Vitamin B6: 0.16mg (7.98%), Vitamin B5: 0.79mg (7.93%), Folate: 27.56µg (6.89%), Fiber: 1.56g (6.24%), Manganese: 0.12mg (5.81%), Vitamin C: 3.52mg (4.26%), Vitamin B3: 0.57mg (2.87%)