



Dijon Croque Monsieur

READY IN



30 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup egg substitute
- ☐ 1 tablespoon mayonnaise fat-free
- ☐ 0.3 cup skim milk fat-free
- ☐ 4 ounces gruyere cheese shredded
- ☐ 6 ounces deli honey ham thinly sliced
- ☐ 1 ounce bread crumbs italian
- ☐ 1 tablespoon dijon mustard

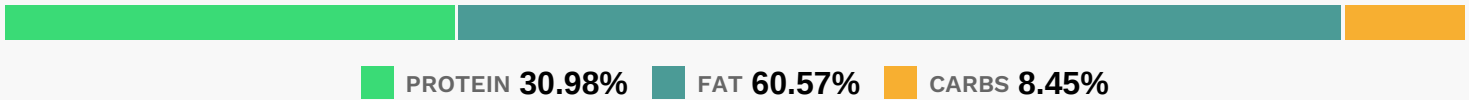
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine mustard and mayonnaise in a small bowl.
- ☐ Spread 3/4 teaspoon mustard mixture over each of 4 bread slices; layer each slice with 1 1/2 ounces ham and 1/4 cup cheese.
- ☐ Sprinkle evenly with pepper.
- ☐ Spread 3/4 teaspoon mayonnaise mixture over each remaining bread slice; place, mustard side down, on top of sandwiches.
- ☐ Combine egg substitute and fat-free milk in a shallow dish. Dip both sides of each sandwich into the egg mixture.
- ☐ Heat a large nonstick griddle or skillet over medium heat. Coat pan with cooking spray.
- ☐ Add sandwiches to pan; cook 3 minutes on each side or until lightly browned and cheese melts.

Nutrition Facts



Properties

Glycemic Index:24.31, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:11.436521854738%

Nutrients (% of daily need)

Calories: 285.11kcal (14.26%), Fat: 19.03g (29.27%), Saturated Fat: 9.3g (58.13%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 5.46g (1.99%), Sugar: 4.08g (4.53%), Cholesterol: 58.32mg (19.44%), Sodium: 868.31mg (37.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.9g (43.8%), Selenium: 27.75µg (39.65%), Calcium: 334.55mg (33.45%), Phosphorus: 307.55mg (30.75%), Vitamin B1: 0.33mg (22.29%), Vitamin B2: 0.32mg (18.74%), Zinc: 2.5mg (16.64%), Vitamin B12: 0.92µg (15.28%), Vitamin B6: 0.24mg (11.81%), Vitamin B3: 2.33mg (11.64%), Vitamin B5: 0.92mg (9.19%), Vitamin D: 1.12µg (7.44%), Vitamin A: 370.84IU (7.42%), Potassium: 258.44mg (7.38%), Magnesium: 27.91mg (6.98%), Iron: 1.24mg (6.87%), Vitamin E: 0.73mg (4.84%), Folate: 13.97µg (3.49%), Copper: 0.06mg (2.82%), Manganese: 0.05mg (2.27%), Fiber: 0.51g (2.03%), Vitamin K: 1.95µg (1.86%)