



## Dinner Tonight: Croque Monsieur

READY IN



10 min.

SERVINGS



4

CALORIES



873 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.8 pound gruyere cheese thinly sliced
- ☐ 8 ounces pancetta
- ☐ 6 tablespoons butter unsalted
- ☐ 8 slices sandwich bread white rustic or country-style

### Equipment

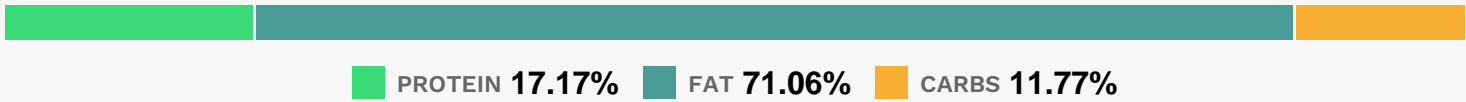
- ☐ frying pan
- ☐ baking sheet
- ☐ microwave

☐ pastry brush

## Directions

- ☐ In a small microwave–safe dish, microwave the butter on a low setting until melted. Using a pastry brush, brush half the bread slices on one side with butter, then set them out on a baking sheet, buttered side down.
- ☐ Place 1/8 of the cheese on each piece of bread, then top with the prosciutto, evenly divided amongst the four sandwiches. Top with the remaining cheese and the remaining slices of bread.
- ☐ Brush the remaining butter on top of the sandwiches.
- ☐ Place the sandwiches into a nonstick griddle or skillet, and set over medium heat. When the bread starts to sizzle, cook for one minute, until golden, then flip and cook the other side until also golden, an additional minute or two.
- ☐ Serve immediately while the cheese is still melty.

## Nutrition Facts



## Properties

Glycemic Index:18.69, Glycemic Load:17.54, Inflammation Score:-7, Nutrition Score:21.433912660765%

## Nutrients (% of daily need)

Calories: 873.26kcal (43.66%), Fat: 68.8g (105.85%), Saturated Fat: 34.81g (217.57%), Carbohydrates: 25.64g (8.55%), Net Carbohydrates: 24.49g (8.91%), Sugar: 2.99g (3.32%), Cholesterol: 176.12mg (58.71%), Sodium: 1223.4mg (53.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.39g (74.79%), Calcium: 972.37mg (97.24%), Phosphorus: 657.73mg (65.77%), Selenium: 35.54µg (50.77%), Vitamin B1: 0.46mg (30.8%), Zinc: 4.44mg (29.63%), Vitamin B12: 1.68µg (28%), Vitamin A: 1352.53IU (27.05%), Vitamin B2: 0.41mg (24.14%), Vitamin B3: 4.76mg (23.8%), Folate: 64.63µg (16.16%), Manganese: 0.32mg (15.88%), Vitamin B6: 0.27mg (13.32%), Magnesium: 51.34mg (12.84%), Iron: 2.06mg (11.45%), Vitamin B5: 1.08mg (10.84%), Vitamin E: 1.08mg (7.19%), Vitamin D: 1.05µg (7.01%), Potassium: 244.69mg (6.99%), Copper: 0.12mg (5.82%), Fiber: 1.15g (4.6%), Vitamin K: 3.87µg (3.68%)