



## Ham-and-Cheese Oven French Toast

READY IN



45 min.

SERVINGS



6

CALORIES



307 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 3 large eggs
- ☐ 1 ounce baked ham
- ☐ 0.5 cup milk
- ☐ 6 ounce monterrey jack cheese
- ☐ 0.3 cup mustard prepared
- ☐ 12 slices sandwich bread

### Equipment

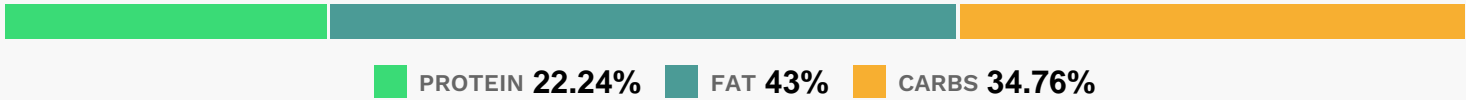
- ☐ baking sheet

- ☐ oven
- ☐ whisk

## Directions

- ☐ Spread 1 side of each bread slice with mustard.
- ☐ Layer 6 bread slices, mustard side up, with 1 ham slice, 1 cheese slice, and another ham slice; top with remaining bread slices, mustard side down.
- ☐ Whisk together eggs and milk in a shallow dish until blended. Dip each sandwich into egg mixture, coating both sides.
- ☐ Place sandwiches 2 inches apart on a lightly greased baking sheet.
- ☐ Place another lightly greased baking sheet, greased side down, on top of sandwiches.
- ☐ Bake at 475 for 15 to 20 minutes or until golden brown.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:28.63, Glycemic Load:17.98, Inflammation Score:-5, Nutrition Score:12.773478302781%

## Nutrients (% of daily need)

Calories: 306.5kcal (15.33%), Fat: 14.56g (22.39%), Saturated Fat: 7.29g (45.59%), Carbohydrates: 26.47g (8.82%), Net Carbohydrates: 24.88g (9.05%), Sugar: 4.03g (4.48%), Cholesterol: 123.6mg (41.2%), Sodium: 622.03mg (27.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.88%), Selenium: 28.37µg (40.53%), Calcium: 362.86mg (36.29%), Phosphorus: 273.72mg (27.37%), Vitamin B2: 0.39mg (22.95%), Vitamin B1: 0.33mg (21.81%), Folate: 73.22µg (18.31%), Manganese: 0.35mg (17.54%), Iron: 2.53mg (14.04%), Vitamin B3: 2.72mg (13.58%), Zinc: 1.87mg (12.48%), Vitamin B12: 0.6µg (9.96%), Vitamin B5: 0.84mg (8.39%), Magnesium: 32.47mg (8.12%), Vitamin A: 393.81IU (7.88%), Vitamin B6: 0.15mg (7.42%), Fiber: 1.6g (6.38%), Vitamin D: 0.93µg (6.18%), Copper: 0.1mg (5.04%), Potassium: 175.54mg (5.02%), Vitamin E: 0.51mg (3.4%), Vitamin K: 1.1µg (1.05%)