



Memphis Monte Cristo

READY IN



20 min.

SERVINGS



4

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup neely's bbq sauce
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 8 slices deli honey baked ham thin
- ☐ 8 slices deli turkey smoked thin
- ☐ 4 eggs
- ☐ 8 slices deli gouda smoked thin
- ☐ 0.3 cup heavy cream
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar

- ☐ 2 tablespoons vegetable oil
- ☐ 8 slices sandwich bread white hearty

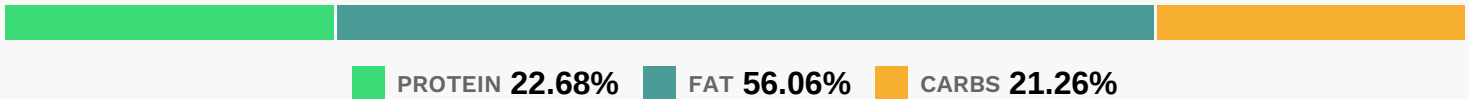
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Heat a large griddle pan over medium heat with vegetable oil.
- ☐ In a medium bowl, whisk the eggs, cream, sugar, salt, and cayenne until blended.
- ☐ Pour into an 8 by 8-inch baking pan.
- ☐ Spread some of the barbecue sauce onto each slice of bread. On 4 pieces bread, add 1 slice each of cheese, ham, and turkey, and repeat layer. Top with the other pieces of bread and press the sandwiches together with your hands. Dip into the wet batter turn to coat.
- ☐ Add the battered sandwiches to the hot griddle and cook until golden brown on 1 side. Flip and continue cooking the other side until golden.
- ☐ Remove to a rack-lined sheet tray. Put into the preheated oven and bake until the cheese melts, about 5 more minutes.
- ☐ Remove to a cutting board and slice into triangles. Dust with Neely's dry rub, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:50.97, Glycemic Load:20, Inflammation Score:-6, Nutrition Score:23.927825952354%

Nutrients (% of daily need)

Calories: 714.42kcal (35.72%), Fat: 44.24g (68.06%), Saturated Fat: 20.2g (126.25%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 36.4g (13.24%), Sugar: 13.81g (15.35%), Cholesterol: 288.73mg (96.24%), Sodium: 2126.7mg (92.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.26g (80.52%), Selenium: 47.23µg (67.47%), Phosphorus: 640.75mg (64.07%), Calcium: 571.93mg (57.19%), Vitamin B1: 0.63mg (42.21%), Vitamin B2: 0.68mg (40.29%), Zinc: 4.85mg (32.36%), Vitamin B12: 1.7µg (28.3%), Vitamin B3: 5.08mg (25.38%), Folate: 91.54µg (22.89%), Vitamin B6: 0.4mg (20.16%), Iron: 3.4mg (18.91%), Vitamin A: 886.61IU (17.73%), Manganese: 0.35mg (17.44%), Vitamin B5: 1.47mg (14.7%), Vitamin K: 15.02µg (14.3%), Magnesium: 54.7mg (13.68%), Potassium: 443.02mg (12.66%), Vitamin D: 1.81µg (12.07%), Vitamin E: 1.79mg (11.94%), Copper: 0.22mg (10.86%), Fiber: 1.34g (5.38%)