



Mini Croque Madames

READY IN



60 min.

SERVINGS



16

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces finely-chopped ham cooked thinly sliced
- 16 servings dijon mustard
- 1 tablespoon flour all-purpose
- 1 pinch nutmeg
- 5 ounces gruyere cheese shredded
- 0.3 teaspoon kosher salt as needed plus more
- 16 quail eggs
- 6 tablespoons butter unsalted ()
- 2 tablespoons vegetable oil

- 8 slices sandwich bread white
- 0.5 cup milk whole

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- aluminum foil
- spatula

Directions

- Heat the oven to 475°F and arrange a rack in the middle.
- Place 1/3 cup of the cheese in a small bowl and set aside.
- Place the bread in a single layer on a baking sheet. Melt 5 tablespoons of the butter and brush it on both sides of the bread, using all of it.
- Bake until the bread is toasted and golden brown, about 10 minutes. Set the baking sheet and bread aside. Meanwhile, make the béchamel: Melt the remaining tablespoon of butter in a small saucepan over medium heat until foaming.
- Whisk in the flour and cook, whisking occasionally, until it's no longer raw-tasting, about 30 seconds. Slowly whisk in the milk and add the measured salt and nutmeg. Cook, whisking constantly, until the mixture thickens, about 3 minutes.
- Remove the pan from the heat and set it aside. Evenly divide the ham over 4 of the toasted bread slices, then evenly divide the remaining 1 1/3 cups of cheese over the ham.
- Spread a thin layer of Dijon on the remaining 4 slices of bread and place them mustard-side down on top of the cheese. Press gently to compact the sandwiches. Cover the baking sheet tightly with aluminum foil and bake until the cheese is just starting to melt, about 5 minutes.
- Remove the baking sheet from the oven and discard the foil.

- Whisk the reserved béchamel sauce until smooth, then spread it on the tops of the sandwiches, using all of it.
- Sprinkle the reserved 1/3 cup of cheese over the béchamel.
- Bake the sandwiches uncovered until the cheese on top is melted and bubbling, about 10 minutes. Meanwhile, crack 8 of the quail eggs into a small bowl. When the sandwiches are ready, remove them from the oven and set aside.
- Heat the vegetable oil in a large nonstick frying pan over medium heat until shimmering.
- Pour the 8 cracked eggs into the pan, spacing them evenly (if some of the whites stick together, separate them with a spatula). Season the eggs with salt and cook undisturbed until the whites are just set but the yolks are still runny, about 2 to 3 minutes.
- Remove the fried eggs to a large plate. Repeat with the remaining 8 eggs. Trim the crusts from each reserved sandwich, then cut each sandwich into 4 smaller squares.
- Place the sandwiches on a serving platter, top each with a fried quail egg, and serve immediately.

Nutrition Facts

PROTEIN 17.47% **FAT 64.19%** **CARBS 18.34%**

Properties

Glycemic Index:18.11, Glycemic Load:4.81, Inflammation Score:-2, Nutrition Score:5.4673913302629%

Nutrients (% of daily need)

Calories: 157.45kcal (7.87%), Fat: 11.25g (17.3%), Saturated Fat: 5.35g (33.41%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 6.7g (2.44%), Sugar: 1.2g (1.33%), Cholesterol: 103.08mg (34.36%), Sodium: 312.26mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.78%), Selenium: 10.53µg (15.04%), Calcium: 136.04mg (13.6%), Phosphorus: 123.76mg (12.38%), Vitamin B2: 0.16mg (9.45%), Vitamin B1: 0.14mg (9.06%), Vitamin B12: 0.43µg (7.23%), Vitamin A: 280.14IU (5.6%), Folate: 22.33µg (5.58%), Zinc: 0.82mg (5.46%), Manganese: 0.11mg (5.44%), Iron: 0.93mg (5.16%), Vitamin B3: 0.94mg (4.68%), Vitamin B5: 0.39mg (3.88%), Vitamin K: 3.88µg (3.7%), Magnesium: 12.86mg (3.22%), Vitamin B6: 0.06mg (2.94%), Vitamin E: 0.43mg (2.88%), Vitamin D: 0.34µg (2.28%), Potassium: 74.52mg (2.13%), Fiber: 0.53g (2.11%), Vitamin C: 1.67mg (2.03%), Copper: 0.04mg (1.9%)