



Monte Christo Sandwiches

READY IN



40 min.

SERVINGS



4

CALORIES



972 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 4 tablespoons butter
- 6 eggs
- 1.3 teaspoon ground cinnamon
- 0.5 pound ham thinly sliced
- 0.3 cup cup heavy whipping cream
- 0.3 cup maple syrup
- 1 teaspoon salt
- 2 tablespoons sugar

- 8 slices swiss cheese thinly sliced
- 0.5 pound turkey thinly sliced
- 1 teaspoon vanilla extract
- 8 slices sandwich bread white
- 16 ounce roasted cranberry sauce canned

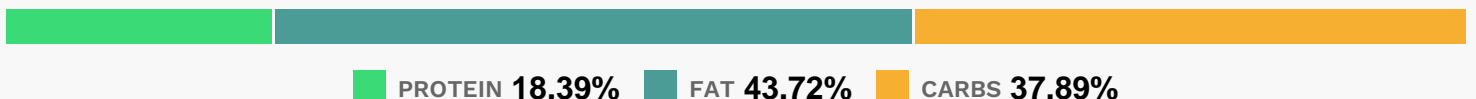
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat oven to 350 degrees F.
- In a large bowl, whisk together eggs, cream, vanilla, sugar, cinnamon, and salt and set aside.
- Lay the 8 slices of bread out on a flat surface.
- Lay 1 slice of cheese on each slice of bread. Then on 4 slices of the bread lay 1 slice of ham. On the other 4 slices lay 1 slice of turkey. Top all 8 slices with 1 slice of Swiss. Make 4 sandwiches and coat with egg mixture.
- *Cook's Note: You may add more Swiss, turkey or ham, if desired
- In a large skillet over medium-heat melt the butter.
- Add the sandwiches to the pan and cook until golden brown, about 3 minutes on each side.
- Remove the sandwiches to a sheet pan and place in the oven.
- Bake until the cheese has melted and the sandwiches are warm throughout, about 5 minutes.
- In a large bowl, whisk all of the ingredients together until smooth.
- Cut the sandwiches into quarters and serve with the cranberry syrup.

Nutrition Facts



Properties

Glycemic Index:73.84, Glycemic Load:26.88, Inflammation Score:-7, Nutrition Score:30.332173399303%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 3.06mg, Myricetin: 3.06mg, Myricetin: 3.06mg, Myricetin: 3.06mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 971.91kcal (48.6%), Fat: 47.33g (72.81%), Saturated Fat: 23.28g (145.48%), Carbohydrates: 92.29g (30.76%), Net Carbohydrates: 89.44g (32.52%), Sugar: 57.63g (64.04%), Cholesterol: 388.19mg (129.4%), Sodium: 1796.42mg (78.11%), Alcohol: 0.34g (100%), Alcohol %: 0.1% (100%), Protein: 44.79g (89.58%), Selenium: 64.66µg (92.38%), Vitamin B2: 1.04mg (61.16%), Phosphorus: 595.12mg (59.51%), Manganese: 1.04mg (51.85%), Calcium: 500.98mg (50.1%), Vitamin B1: 0.68mg (45.23%), Vitamin B12: 2.52µg (41.93%), Vitamin B3: 8.21mg (41.07%), Zinc: 5.05mg (33.69%), Vitamin B6: 0.66mg (33.14%), Vitamin A: 1282.37IU (25.65%), Folate: 96.37µg (24.09%), Iron: 4.33mg (24.07%), Vitamin B5: 2.07mg (20.74%), Vitamin E: 2.78mg (18.56%), Magnesium: 62.66mg (15.66%), Potassium: 531.64mg (15.19%), Vitamin D: 2.08µg (13.84%), Copper: 0.25mg (12.25%), Fiber: 2.86g (11.42%), Vitamin K: 4.83µg (4.6%), Vitamin C: 1.25mg (1.51%)