



Monte Cristo

 Popular

READY IN



15 min.

SERVINGS



2

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bread
- ☐ 2 servings butter
- ☐ 1 cup cheese grated
- ☐ 2 eggs lightly beaten
- ☐ 3 slices honey ham
- ☐ 0.3 cup milk
- ☐ 2 teaspoons mustard
- ☐ 2 servings powdered sugar and jam

☐ 0.5 teaspoon vanilla

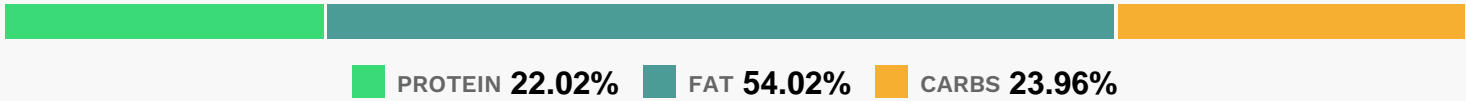
Equipment

☐ frying pan

Directions

- ☐ Place two slices of bread down, top with half the cheese followed by the ham, mustard and the remaining half of the cheese and finally the remaining slices of bread.
- ☐ Heat a pan over medium heat and melt a bit of butter in it. Meanwhile, mix the eggs, milk and vanilla and dip the sandwiches into the mixture to coat both sides.
- ☐ Place the sandwiches into the heated pan and cook until golden brown on both sides, about 2–4 minutes per side.
- ☐ Serve topped with maple syrup or with powdered sugar and jam.

Nutrition Facts



Properties

Glycemic Index:102.83, Glycemic Load:15.22, Inflammation Score:-6, Nutrition Score:23.771738784469%

Nutrients (% of daily need)

Calories: 640.14kcal (32.01%), Fat: 38.18g (58.73%), Saturated Fat: 18.28g (114.23%), Carbohydrates: 38.1g (12.7%), Net Carbohydrates: 35.64g (12.96%), Sugar: 13.05g (14.5%), Cholesterol: 260.63mg (86.88%), Sodium: 1294.4mg (56.28%), Alcohol: 0.34g (100%), Alcohol %: 0.18% (100%), Protein: 35.02g (70.03%), Selenium: 57.54µg (82.2%), Phosphorus: 545.47mg (54.55%), Calcium: 539.09mg (53.91%), Vitamin B2: 0.73mg (43.16%), Vitamin B1: 0.54mg (36.23%), Manganese: 0.72mg (35.8%), Zinc: 4.36mg (29.08%), Vitamin B3: 5.13mg (25.66%), Vitamin B12: 1.43µg (23.88%), Folate: 81.9µg (20.48%), Vitamin A: 982.76IU (19.66%), Iron: 3.33mg (18.49%), Vitamin B6: 0.36mg (17.9%), Vitamin B5: 1.69mg (16.94%), Magnesium: 57.76mg (14.44%), Vitamin D: 1.85µg (12.32%), Potassium: 359.39mg (10.27%), Fiber: 2.45g (9.82%), Copper: 0.17mg (8.67%), Vitamin E: 1.29mg (8.61%), Vitamin K: 4.75µg (4.52%)