



Monte Cristo Bake

READY IN



55 min.

SERVINGS



55

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 cups unseasoned bread cubes french ()
- 4 eggs
- 1.5 cups oscar mayer carving board slow ham cooked chopped
- 1.5 cups milk
- 1.5 cups swiss cheese shredded divided kraft

Equipment

- bowl
- oven

- whisk
- baking pan

Directions

- Heat oven to 350F.
- Whisk eggs and milk in large bowl until blended.
- Add bread; stir to evenly coat. Gently stir in ham and half the cheese.
- Spoon into 9-inch square baking dish sprayed with cooking spray; top with remaining cheese.
- Bake 40 min. or until center is set and top is golden brown.

Nutrition Facts



Properties

Glycemic Index:2.65, Glycemic Load:10.46, Inflammation Score:-2, Nutrition Score:4.3956521561612%

Nutrients (% of daily need)

Calories: 99.62kcal (4.98%), Fat: 2.7g (4.15%), Saturated Fat: 1.12g (7.03%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 13.2g (4.8%), Sugar: 1.52g (1.69%), Cholesterol: 17.81mg (5.94%), Sodium: 213.22mg (9.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Selenium: 10.24µg (14.63%), Vitamin B1: 0.21mg (14.1%), Vitamin B2: 0.15mg (8.9%), Folate: 33.63µg (8.41%), Vitamin B3: 1.43mg (7.13%), Manganese: 0.14mg (6.85%), Phosphorus: 65.24mg (6.52%), Iron: 1.1mg (6.12%), Calcium: 49.88mg (4.99%), Zinc: 0.55mg (3.7%), Vitamin B12: 0.18µg (2.96%), Magnesium: 11.14mg (2.78%), Vitamin B6: 0.05mg (2.68%), Copper: 0.05mg (2.31%), Fiber: 0.57g (2.27%), Vitamin B5: 0.19mg (1.9%), Potassium: 57.61mg (1.65%), Vitamin D: 0.16µg (1.09%), Vitamin A: 52.51IU (1.05%)