



Monte Cristo Delights

READY IN



40 min.

SERVINGS



6

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baking mix bisquick heart smart®
- ☐ 0.8 cup skim milk fat-free (skim)
- ☐ 1 eggs fat-free
- ☐ 5 oz swiss cheese thinly sliced reduced-fat
- ☐ 6 oz ham fat-free lean deli-style very thinly sliced
- ☐ 6 oz turkey fat-free lean deli-style very thinly sliced
- ☐ 0.3 cup alouette garlic & herbs spreadable cheese
- ☐ 1 serving powdered sugar

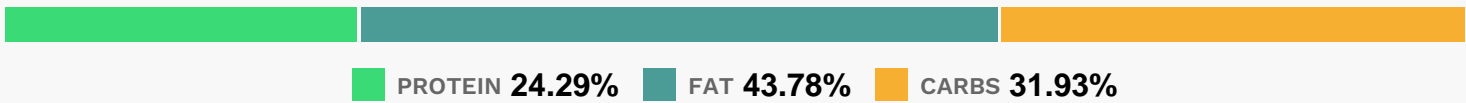
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. Lightly grease 8-inch square (2-quart) glass baking dish, or spray with cooking spray. In medium bowl, stir Bisquick® mix, milk and egg until blended.
- ☐ Spread half of the dough in bottom of baking dish. Top with half each of the cheese, ham and turkey.
- ☐ Spread spreadable fruit over turkey to within 1/2 inch sides of dish. Top with remaining ham, turkey and cheese.
- ☐ Spread remaining dough over cheese to sides of dish.
- ☐ Bake uncovered about 30 minutes or until golden brown.
- ☐ Let stand 5 minutes before serving.
- ☐ Sprinkle generously with powdered sugar.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.54, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:14.019999956307%

Nutrients (% of daily need)

Calories: 380.51kcal (19.03%), Fat: 18.34g (28.22%), Saturated Fat: 7.06g (44.1%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 29.26g (10.64%), Sugar: 7.86g (8.74%), Cholesterol: 82.98mg (27.66%), Sodium: 1007.7mg (43.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.9g (45.8%), Phosphorus: 521.72mg (52.17%), Calcium: 347.38mg (34.74%), Vitamin B1: 0.43mg (28.99%), Selenium: 19.59µg (27.99%), Vitamin B2: 0.43mg (25.51%), Vitamin B3: 4.68mg (23.4%), Vitamin B12: 1.22µg (20.38%), Zinc: 2.41mg (16.07%), Vitamin B6: 0.31mg

(15.39%), Folate: 57.74µg (14.43%), Iron: 1.7mg (9.43%), Vitamin B5: 0.87mg (8.68%), Magnesium: 33.48mg (8.37%), Potassium: 278.88mg (7.97%), Manganese: 0.15mg (7.27%), Copper: 0.11mg (5.65%), Vitamin D: 0.77µg (5.11%), Fiber: 0.84g (3.36%), Vitamin A: 150.86IU (3.02%), Vitamin K: 2.74µg (2.61%), Vitamin E: 0.27mg (1.77%)