



## Monte Cristo Delights

READY IN



40 min.

SERVINGS



6

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

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

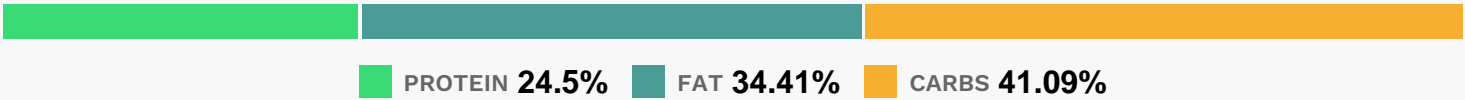
# Equipment

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

# Directions

- ☐ Heat oven to 400F. 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:-4, Nutrition Score:14.248695746712%

# Nutrients (% of daily need)

Calories: 370.28kcal (18.51%), Fat: 13.99g (21.52%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 37.59g (12.53%), Net Carbohydrates: 36.54g (13.29%), Sugar: 15.87g (17.63%), Cholesterol: 69.34mg (23.11%), Sodium: 940.25mg (40.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.42g (44.83%), Phosphorus: 523.3mg (52.33%), Calcium: 348.1mg (34.81%), Vitamin B1: 0.44mg (29.1%), Selenium: 19.63µg (28.05%), Vitamin B2: 0.44mg (25.77%), Vitamin B3: 4.73mg (23.66%), Vitamin B12: 1.22µg (20.38%), Zinc: 2.42mg (16.15%), Vitamin B6: 0.31mg (15.5%),

Folate: 58µg (14.5%), Iron: 1.74mg (9.68%), Vitamin B5: 0.87mg (8.74%), Magnesium: 34.14mg (8.53%), Potassium: 290.73mg (8.31%), Manganese: 0.15mg (7.46%), Copper: 0.12mg (6.17%), Vitamin D: 0.77µg (5.11%), Fiber: 1.05g (4.2%), Vitamin A: 190.62IU (3.81%), Vitamin K: 3.35µg (3.19%), Vitamin E: 0.27mg (1.77%)