



Monte Cristo Delights (Cooking for 2)

READY IN



35 min.

SERVINGS



3

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baking mix bisquick heart smart®
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 1 egg whites
- ☐ 2 oz swiss cheese thinly sliced reduced-fat
- ☐ 3 oz ham fat-free lean deli-style very thinly sliced
- ☐ 3 oz turkey fat-free lean deli-style very thinly sliced
- ☐ 2 tablespoons strawberry jam
- ☐ 1 serving powdered sugar

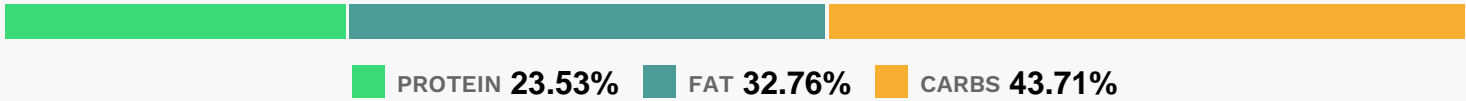
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Heat oven to 400°F. Spray 8x4-inch loaf pan with cooking spray. In small bowl, stir Bisquick® mix, milk and egg white until blended.
- ☐ Spread half of the dough in bottom of pan. Top with half each of the cheese, ham and turkey.
- ☐ Spread fruit spread over turkey to within 1/2 inch of sides of pan. Top with remaining ham, turkey and cheese.
- ☐ Spread remaining dough over cheese to sides of pan.
- ☐ Bake uncovered about 25 minutes or until golden brown.
- ☐ Let stand 5 minutes before serving.
- ☐ Sprinkle generously with powdered sugar.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:29.42, Glycemic Load:5.41, Inflammation Score:-3, Nutrition Score:13.241739221241%

Nutrients (% of daily need)

Calories: 364.2kcal (18.21%), Fat: 13.06g (20.09%), Saturated Fat: 4.21g (26.34%), Carbohydrates: 39.21g (13.07%), Net Carbohydrates: 38.23g (13.9%), Sugar: 15.44g (17.16%), Cholesterol: 40.3mg (13.43%), Sodium: 939.14mg (40.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.11g (42.22%), Phosphorus: 479.01mg (47.9%), Calcium: 296.75mg (29.68%), Vitamin B1: 0.43mg (28.77%), Selenium: 18.95µg (27.07%), Vitamin B2: 0.43mg (25.47%), Vitamin B3: 4.68mg (23.41%), Vitamin B12: 1.07µg (17.79%), Vitamin B6: 0.29mg (14.64%), Zinc: 2.13mg (14.18%), Folate: 55.8µg (13.95%), Iron: 1.63mg (9.08%), Potassium: 284.43mg (8.13%), Magnesium: 32.12mg (8.03%),

Vitamin B5: 0.77mg (7.65%), Manganese: 0.15mg (7.49%), Copper: 0.12mg (6.1%), Fiber: 0.99g (3.95%), Vitamin D: 0.58µg (3.85%), Vitamin K: 2.69µg (2.57%), Vitamin A: 97.13IU (1.94%), Vitamin C: 1.29mg (1.57%), Vitamin E: 0.2mg (1.34%)