



Monte Cristo Light

READY IN



45 min.

SERVINGS



6

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 egg white lightly beaten
- ☐ 2 eggs lightly beaten
- ☐ 0.3 cup low-sugar strawberry spread
- ☐ 1 tablespoon powdered sugar sifted
- ☐ 0.5 cup skim milk
- ☐ 4.5 ounce process swiss cheese low-fat
- ☐ 6 ounces turkey breast cooked thinly sliced (skinned before cooking and without salt)
- ☐ 1 ounce vienna sandwich bread
- ☐ 2 tablespoons cornmeal yellow

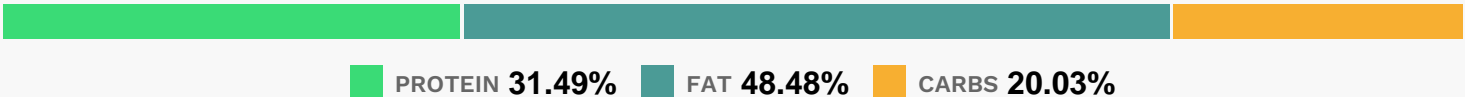
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Spread 1 tablespoon strawberry spread on one side of each of 6 bread slices.
- ☐ Place 1 ounce of turkey and 1 slice of cheese over strawberry spread on each bread slice; top with remaining 6 bread slices.
- ☐ Combine eggs, egg white, and milk; stir well with a wire whisk. Carefully dip sandwiches into egg mixture, allowing excess to drip off.
- ☐ Sprinkle both sides of each sandwich evenly with cornmeal.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-low heat until hot.
- ☐ Place 3 sandwiches in skillet; cook sandwiches 6 to 8 minutes on each side or until bread is golden and cheese melts.
- ☐ Remove from skillet, and sprinkle sandwiches evenly with half of powdered sugar. Repeat procedure with remaining 3 sandwiches and remaining powdered sugar.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.92, Glycemic Load:3.52, Inflammation Score:-3, Nutrition Score:8.0499998732753%

Nutrients (% of daily need)

Calories: 181.12kcal (9.06%), Fat: 9.45g (14.53%), Saturated Fat: 4.67g (29.18%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 8.36g (3.04%), Sugar: 3.61g (4.01%), Cholesterol: 88.84mg (29.61%), Sodium: 354.21mg (15.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.8g (27.61%), Phosphorus: 257.11mg (25.71%), Selenium: 17.3µg (24.72%), Calcium: 238.9mg (23.89%), Vitamin B12: 1µg (16.67%), Vitamin B2: 0.24mg (13.88%), Vitamin B3: 2.39mg (11.94%), Zinc: 1.62mg (10.82%), Vitamin B6: 0.19mg (9.61%), Vitamin A: 297.37IU (5.95%), Potassium: 199.05mg (5.69%), Magnesium: 22.01mg (5.5%), Vitamin B5: 0.53mg (5.29%), Vitamin B1: 0.06mg (4.3%), Folate: 16.93µg (4.23%), Vitamin D: 0.57µg (3.83%), Iron: 0.67mg (3.7%), Manganese: 0.06mg (2.97%), Vitamin E: 0.34mg (2.27%),

Copper: 0.04mg (2.15%), Fiber: 0.42g (1.69%)