



## Monte Cristo Sandwich

READY IN



43 min.

SERVINGS



1

CALORIES



1229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 serving serving suggestion: blackberry jam
- 3 large eggs beaten
- 2 slices gouda cheese
- 1 serving mayonnaise as needed
- 0.3 cup milk
- 1 serving orange wedges for garnish
- 1 slices strawberry for garnish
- 2 slices turkey
- 1 tablespoon butter unsalted

- 2 tablespoons vegetable oil
- 3 slices bread white

## Equipment

- bowl
- frying pan
- knife
- plastic wrap

## Directions

- On a work surface, lay out 2 slices of bread and spread with mayonnaise. Top each slice with the 1 slice of Gouda and 1 slice of turkey each.
- Put the third slice of bread on top of one stack, and flip the remaining stack on top, cheese-side down, to make a triple-decker sandwich.
- Using a knife, cut the crusts off the sandwich (this helps to pinch and seal the ends). Wrap the sandwich tightly with plastic wrap and refrigerate for at least 30 minutes and up to 6 hours. (Wrapping the sandwich in plastic wrap, compacts it, and prevents the egg batter from seeping in.)
- Combine the eggs and milk in a bowl.
- Heat the oil and butter in a skillet over medium-high heat. Unwrap the sandwich and dip it in the egg batter, to coat evenly. Gently place it in the skillet, and fry, turning once, until golden brown and hot, about 5 minutes total.
- Cut the Monte Cristo in 1/2, transfer it to a plate, and garnish with the strawberry and orange. Spoon some jam over each 1/2 and serve immediately.

## Nutrition Facts



**PROTEIN 16.72%** **FAT 57.64%** **CARBS 25.64%**

## Properties

Glycemic Index:327.28, Glycemic Load:42.58, Inflammation Score:-9, Nutrition Score:48.06217400924%

## Flavonoids

Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 41.25mg, Pelargonidin: 41.25mg, Pelargonidin: 41.25mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 5.16mg, Catechin: 5.16mg, Catechin: 5.16mg, Catechin: 5.16mg Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 14.22mg, Naringenin: 14.22mg, Naringenin: 14.22mg, Naringenin: 14.22mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 1229.3kcal (61.46%), Fat: 79.24g (121.91%), Saturated Fat: 29.3g (183.12%), Carbohydrates: 79.34g (26.45%), Net Carbohydrates: 71.92g (26.15%), Sugar: 35.11g (39.01%), Cholesterol: 687.48mg (229.16%), Sodium: 1154.52mg (50.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.71g (103.42%), Vitamin C: 147.25mg (178.48%), Selenium: 81.56µg (116.51%), Phosphorus: 887.27mg (88.73%), Calcium: 810.88mg (81.09%), Vitamin B2: 1.3mg (76.46%), Vitamin K: 63.34µg (60.32%), Folate: 238.15µg (59.54%), Manganese: 1.17mg (58.54%), Vitamin B12: 2.99µg (49.82%), Vitamin B1: 0.63mg (41.97%), Zinc: 6.05mg (40.36%), Vitamin B5: 3.84mg (38.39%), Vitamin A: 1839.35IU (36.79%), Vitamin B6: 0.73mg (36.44%), Iron: 6.44mg (35.76%), Vitamin E: 5.29mg (35.27%), Vitamin B3: 7.02mg (35.11%), Fiber: 7.43g (29.7%), Vitamin D: 4.28µg (28.54%), Potassium: 963.68mg (27.53%), Magnesium: 102.3mg (25.58%), Copper: 0.39mg (19.49%)