



Monte Cristo Sandwich

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 servings pepper black freshly ground
- 2 teaspoons dijon mustard
- 1 large eggs
- 3 ounces swiss cheese thinly sliced
- 3 ounces deli honey ham thinly sliced
- 2 servings kosher salt
- 2 servings currant jelly red for serving
- 3 ounces turkey breast thinly sliced

- 2 tablespoons butter unsalted ()
- 0.3 cup milk whole

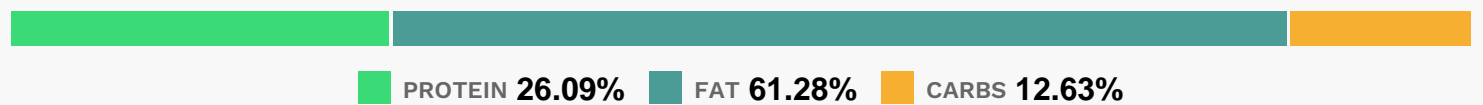
Equipment

- frying pan
- whisk

Directions

- Place the egg and milk in a wide, shallow plate and season with salt and pepper.
- Whisk until the egg is broken up and evenly incorporated; set aside.
- Place 2 slices of the bread on a work surface and spread 1 teaspoon of mustard on each. Divide the ham and turkey between the mustard-coated bread slices.
- Place half of the cheese on top of each pile of meat. Close the sandwiches with the remaining 2 slices of bread. Press gently on the tops of the sandwiches to compact slightly. Melt the butter in a large nonstick frying pan over medium-low heat until foaming. Using your hands, place 1 sandwich in the reserved egg mixture, flipping to coat both sides.
- Place the sandwich in the frying pan. Repeat with the second sandwich. Fry undisturbed until the bottoms of the sandwiches are golden brown, about 4 to 5 minutes. Flip and fry until the other side is golden brown and the cheese is melted, about 4 to 5 minutes more.
- Transfer to serving plates, dust with powdered sugar, and serve with red currant jelly.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:8.37, Inflammation Score:-6, Nutrition Score:18.891304119774%

Nutrients (% of daily need)

Calories: 532.84kcal (26.64%), Fat: 36.24g (55.75%), Saturated Fat: 19.15g (119.7%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 16.35g (5.94%), Sugar: 11.85g (13.17%), Cholesterol: 216.86mg (72.29%), Sodium: 978.74mg (42.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.43%), Selenium: 42.8µg (61.14%), Phosphorus: 538.74mg (53.87%), Calcium: 462.49mg (46.25%), Vitamin B12: 2.29µg (38.17%), Vitamin B3: 6.25mg (31.23%), Vitamin B6: 0.6mg (29.82%), Vitamin B2: 0.48mg (28.14%), Zinc: 3.95mg (26.3%), Vitamin B1: 0.32mg

(21.37%), Vitamin A: 916.29IU (18.33%), Vitamin B5: 1.28mg (12.77%), Magnesium: 44.28mg (11.07%), Potassium: 377.85mg (10.8%), Vitamin D: 1.5µg (9.98%), Vitamin E: 1.08mg (7.23%), Iron: 1.28mg (7.13%), Copper: 0.12mg (6.16%), Folate: 22.82µg (5.7%), Manganese: 0.06mg (3.12%), Vitamin C: 1.78mg (2.16%), Vitamin K: 2.01µg (1.92%), Fiber: 0.46g (1.84%)