



Monte Cristo Sandwich

READY IN



10 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter at room temperature
- ☐ 3 tablespoons dijon mustard
- ☐ 9 ounce ham thinly sliced
- ☐ 12 slices swiss cheese
- ☐ 2 boxes count toast frozen french
- ☐ 9 ounce turkey thinly sliced

Equipment

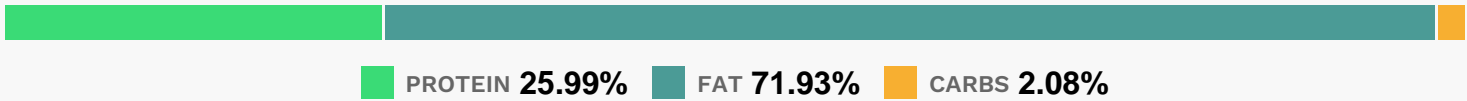
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400 F.
- ☐ Spread the mustard on 6 pieces of the French toast. Divide the ham and turkey evenly among the 6 pieces and top each with 2 slices of the cheese.
- ☐ Spread the remaining pieces of French toast with the mayonnaise (if using) and sandwich together.
- ☐ Heat a large skillet over medium heat.
- ☐ Spread 1/2 tablespoon of the butter on the top and bottom of each sandwich. Cook 3 sandwiches in the skillet until brown, 2 minutes per side.
- ☐ Transfer to a baking sheet. Repeat with the remaining sandwiches.
- ☐ Bake until the cheese is melted and the toast is heated through, about 4 minutes.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:12.712173971469%

Nutrients (% of daily need)

Calories: 387.96kcal (19.4%), Fat: 30.9g (47.53%), Saturated Fat: 16.33g (102.08%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.52g (0.58%), Cholesterol: 108.93mg (36.31%), Sodium: 1124.02mg (48.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.11g (50.23%), Phosphorus: 403.85mg (40.39%), Selenium: 28.21µg (40.3%), Calcium: 320.01mg (32%), Vitamin B3: 5.02mg (25.09%), Vitamin B12: 1.48µg (24.67%), Zinc: 2.93mg (19.57%), Vitamin B1: 0.29mg (19.45%), Vitamin B6: 0.37mg (18.28%), Vitamin B2: 0.27mg (15.85%), Vitamin A: 637.39IU (12.75%), Potassium: 318.57mg (9.1%), Magnesium: 31.35mg (7.84%), Vitamin E: 0.76mg (5.09%), Vitamin B5: 0.51mg (5.07%), Iron: 0.73mg (4.03%), Copper: 0.07mg (3.37%), Vitamin D: 0.38µg (2.55%), Manganese: 0.05mg (2.29%), Folate: 7.33µg (1.83%), Vitamin K: 1.58µg (1.5%), Fiber: 0.33g (1.32%)