

Monte Cristo Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



920 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices deli honey ham cooked
- 8 slices deli turkey
- 3 eggs beaten well
- 0.8 cup flour
- 3 cups panko bread crumbs
- 8 slices swiss cheese
- 4 servings vegetable oil for deep-frying
- 12 slices sandwich bread

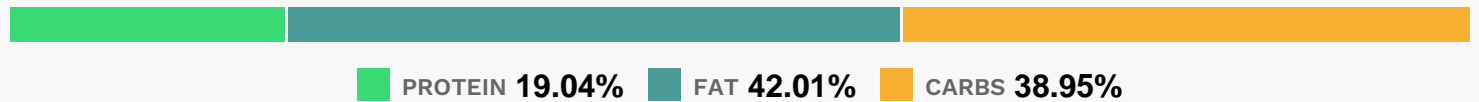
Equipment

- plastic wrap
- toothpicks
- deep fryer

Directions

- Assemble sandwiches starting with one slice of bread, then 1 slice of ham, a slice of cheese and then a slice of turkey; place one slice of bread and repeat with ham, cheese and turkey, top with a slice of bread.
- Cut into quarters and secure with toothpicks. Cover sandwiches with plastic wrap and refrigerate overnight.
- Heat oil in deep fryer to 365 degrees.
- Dust each quarter sandwich with flour until all sides are coated; dip into beaten egg and toss into panko and cover completely.
- Carefully lower sandwich quarters one at a time into deep hot oil; fry until golden brown on all sides.
- Drain; remove toothpicks before serving.

Nutrition Facts



Properties

Glycemic Index:44.19, Glycemic Load:39.37, Inflammation Score:-7, Nutrition Score:33.763478444497%

Nutrients (% of daily need)

Calories: 919.65kcal (45.98%), Fat: 42.49g (65.37%), Saturated Fat: 13.93g (87.07%), Carbohydrates: 88.62g (29.54%), Net Carbohydrates: 84.24g (30.63%), Sugar: 7.25g (8.06%), Cholesterol: 194.22mg (64.74%), Sodium: 1652.82mg (71.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.32g (86.64%), Selenium: 69.76µg (99.66%), Vitamin B1: 1.35mg (90.19%), Phosphorus: 601.77mg (60.18%), Calcium: 570.88mg (57.09%), Vitamin B3: 10.48mg (52.41%), Manganese: 1.04mg (51.81%), Vitamin B2: 0.85mg (50.28%), Folate: 194.54µg (48.64%), Iron: 7.07mg (39.28%), Zinc: 4.82mg (32.17%), Vitamin B12: 1.84µg (30.61%), Vitamin K: 29.51µg (28.11%), Vitamin B6: 0.43mg (21.32%), Magnesium: 74.9mg (18.72%), Copper: 0.37mg (18.39%), Fiber: 4.38g (17.53%), Vitamin B5: 1.66mg

(16.61%), Vitamin E: 2.11mg (14.08%), Potassium: 463.67mg (13.25%), Vitamin A: 461.15IU (9.22%), Vitamin D: 1.05µg (7.01%)