



WHATSheATE



Monte Cristo Sandwich (Fried Ham and Swiss with Red Currant Jelly)

♥ Popular

READY IN



30 min.

SERVINGS



4

CALORIES



1274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices day-old brioche sliced (see note above)
- ☐ 2 tablespoons dijon mustard
- ☐ 4 large eggs at room temperature
- ☐ 12 slices ham
- ☐ 0.7 cup milk
- ☐ 1 cup currant jelly red
- ☐ 0.3 teaspoon salt

- ☐ 8 slices swiss cheese at room temperature
- ☐ 10 tablespoons butter unsalted softened
- ☐ 0.5 cup vegetable oil

Equipment

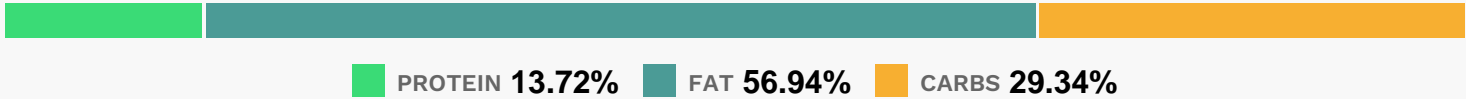
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ wire rack
- ☐ microwave
- ☐ cutting board

Directions

- ☐ In small bowl, combine 1/4 cup jelly and 2 tablespoons butter.
- ☐ Spread 4 slices bread with mixture.
- ☐ Spread remaining 4 slices with (optional) mustard. Top each buttered slice in this order: 1 slice cheese, 3 slices ham, and 1 slice cheese. Top with bread (mustard side-down, if using) and press down lightly. Butter both sides of sandwiches with additional 4 tablespoons butter and set aside.
- ☐ In small saucepan or bowl in microwave, heat remaining 3/4 cup currant jelly. Stir to smooth, cover, and keep warm.
- ☐ In large bowl, whisk together eggs, milk, and salt. Carefully dip one sandwich in egg mixture and allow to soak for 10 to 15 seconds. Turn and soak for another 10 to 15 seconds.
- ☐ Transfer sandwich to cooling rack set inside rimmed baking sheet. Repeat with remaining sandwiches.
- ☐ Heat 1/4 cup oil and 2 tablespoons butter in large skillet over medium-high heat until foaming subsides but butter is not brown. Fry 2 sandwiches at a time, until golden, 2 to 3 minutes per side.

- ☐
- Transfer to cutting board. If skillet is dry, add remaining 1/4 cup oil and remaining 2 tablespoons butter and repeat with remaining 2 sandwiches.
- ☐
- Cool sandwiches 2 minutes, then cut in half, dust with confectioners' sugar and serve with warm currant jelly.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:32.57, Inflammation Score:-8, Nutrition Score:23.663043105084%

Nutrients (% of daily need)

Calories: 1273.94kcal (63.7%), Fat: 80.86g (124.41%), Saturated Fat: 41.4g (258.75%), Carbohydrates: 93.72g (31.24%), Net Carbohydrates: 92.46g (33.62%), Sugar: 43.49g (48.33%), Cholesterol: 469.53mg (156.51%), Sodium: 1725.23mg (75.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.84g (87.69%), Selenium: 50.03µg (71.46%), Phosphorus: 547.64mg (54.76%), Calcium: 456.68mg (45.67%), Vitamin A: 2097.96IU (41.96%), Vitamin B1: 0.58mg (38.73%), Vitamin B2: 0.65mg (38.51%), Vitamin B12: 2.29µg (38.14%), Zinc: 4.38mg (29.18%), Vitamin B6: 0.48mg (23.8%), Vitamin B3: 3.94mg (19.68%), Vitamin D: 2.56µg (17.07%), Vitamin E: 2.44mg (16.25%), Iron: 2.9mg (16.08%), Vitamin B5: 1.53mg (15.26%), Potassium: 479.51mg (13.7%), Vitamin K: 13.33µg (12.7%), Magnesium: 45.76mg (11.44%), Copper: 0.22mg (10.92%), Folate: 40.01µg (10%), Vitamin C: 7.51mg (9.1%), Fiber: 1.26g (5.03%), Manganese: 0.1mg (4.81%)