



## Monte Cristo Sandwich with Sweet Mustard Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 4 ounce ham cooked
- 2 tablespoons dijon mustard
- 0.7 cup egg substitute
- 0.5 cup milk fat-free
- 1 tablespoon orange juice
- 1.5 teaspoons powdered sugar
- 0.3 cup currant jelly red

- 0.3 teaspoon salt
- 4 ounce swiss cheese
- 4 ounce turkey breast cooked
- 1 tablespoon water
- 1 ounce bread white

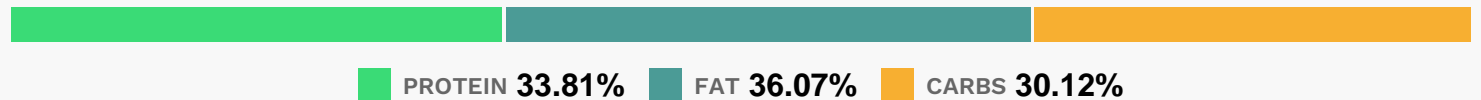
## Equipment

- frying pan
- sauce pan
- whisk

## Directions

- To prepare sauce, combine first 4 ingredients in a small saucepan over low heat, stirring well with a whisk. Cook until jelly melts.
- To prepare sandwiches, combine egg substitute, milk, salt, and pepper in a shallow dish.
- Place one slice each of the turkey, ham, and cheese on each of 4 bread slices. Top with remaining bread slices. Dip both sides of each sandwich into the egg substitute mixture.
- Place sandwiches in a large nonstick skillet coated with cooking spray over medium-high heat. Reduce heat to medium; cook for 3 minutes on each side or until sandwiches are golden.
- Sprinkle sandwiches with powdered sugar.
- Serve sandwiches with sauce.

## Nutrition Facts



## Properties

Glycemic Index:76.51, Glycemic Load:11.28, Inflammation Score:-5, Nutrition Score:16.028260728587%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 299.83kcal (14.99%), Fat: 11.98g (18.43%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 21.74g (7.91%), Sugar: 14.24g (15.83%), Cholesterol: 63.29mg (21.1%), Sodium: 799.16mg (34.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.26g (50.52%), Selenium: 42.35µg (60.5%), Phosphorus: 395.05mg (39.5%), Calcium: 352.77mg (35.28%), Vitamin B12: 1.75µg (29.14%), Vitamin B2: 0.43mg (25.22%), Vitamin B3: 4.34mg (21.68%), Vitamin B6: 0.4mg (20.05%), Zinc: 2.9mg (19.31%), Vitamin B1: 0.29mg (19.02%), Vitamin B5: 1.44mg (14.37%), Vitamin C: 10.83mg (13.13%), Potassium: 350.85mg (10.02%), Magnesium: 39.16mg (9.79%), Iron: 1.71mg (9.48%), Vitamin A: 408.03IU (8.16%), Vitamin D: 1.01µg (6.7%), Folate: 24.42µg (6.11%), Vitamin E: 0.89mg (5.96%), Manganese: 0.12mg (5.94%), Copper: 0.11mg (5.48%), Fiber: 0.76g (3.04%)