



## Monte Cristo Sandwiches

READY IN



17 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 slices forest ham black
- ☐ 2 large eggs
- ☐ 0.5 cup milk
- ☐ 4 slices swiss cheese
- ☐ 4 slices turkey breast
- ☐ 1 tablespoon butter unsalted
- ☐ 8 slices sturdy sandwich bread white

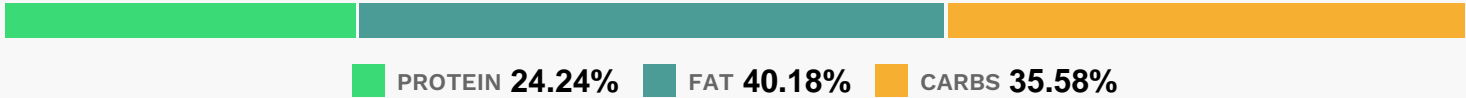
### Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ In a wide, shallow bowl, beat eggs and milk to combine.
- ☐ Lay a slice of bread on a work surface and top with 1 slice turkey, 1 slice cheese, 1 slice ham and a second slice of bread. Repeat to assemble remaining sandwiches.
- ☐ Warm a large nonstick frying pan over mediumhigh heat. Melt butter (if pan is not large enough to accommodate all 4 sandwiches, melt half of butter and cook sandwiches in 2 batches). When butter sizzles, swirl pan to coat. Carefully dip each sandwich in egg mixture, turning to lightly coat both sides, and lay sandwiches in hot pan. Cook, turning once, until sandwiches are well-browned on both sides, 4 to 6 minutes total.
- ☐ To serve, cut sandwiches in half diagonally and sprinkle lightly with confectioners' sugar, if desired. Top each sandwich half with a small dollop of jam, or serve jam alongside for dipping.

## Nutrition Facts



## Properties

Glycemic Index:34.94, Glycemic Load:18.14, Inflammation Score:-4, Nutrition Score:11.74608698876%

## Nutrients (% of daily need)

Calories: 311.92kcal (15.6%), Fat: 13.78g (21.19%), Saturated Fat: 6.66g (41.59%), Carbohydrates: 27.45g (9.15%), Net Carbohydrates: 26.3g (9.56%), Sugar: 5.23g (5.81%), Cholesterol: 135.65mg (45.22%), Sodium: 609.57mg (26.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.7g (37.4%), Selenium: 25.23µg (36.05%), Calcium: 309.3mg (30.93%), Phosphorus: 237.59mg (23.76%), Vitamin B2: 0.33mg (19.44%), Vitamin B1: 0.28mg (18.86%), Folate: 68.96µg (17.24%), Manganese: 0.31mg (15.26%), Vitamin B12: 0.91µg (15.21%), Iron: 2.5mg (13.88%), Vitamin B3: 2.54mg (12.71%), Zinc: 1.65mg (10.98%), Vitamin B5: 0.85mg (8.5%), Vitamin A: 413.67IU (8.27%), Potassium: 234.08mg (6.69%), Magnesium: 26.09mg (6.52%), Vitamin B6: 0.13mg (6.34%), Vitamin D: 0.89µg (5.93%), Fiber: 1.15g (4.6%), Copper: 0.09mg (4.47%), Vitamin E: 0.57mg (3.81%)