



Monte Cristo Sandwiches

READY IN



30 min.

SERVINGS



4

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 inch baguette
- ☐ 3 large eggs
- ☐ 6 ounces maple-baked ham sliced
- ☐ 0.5 cup dijon honey mustard
- ☐ 0.5 cup maple syrup for serving
- ☐ 6 ounces swiss cheese sliced
- ☐ 6 ounces roasted turkey breast sliced
- ☐ 4 tablespoons butter unsalted for frying

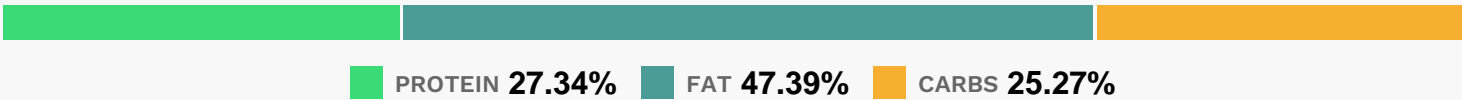
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Lay baguette slices on a work surface and spread mustard on one side of each slice.
- ☐ Layer ham, turkey and cheese evenly on each of 12 bread slices, then cover with remaining bread slices to make 12 small sandwiches.
- ☐ Beat eggs and 1/4 cup water in a wide, shallow bowl.
- ☐ Add sandwiches, two at a time, and turn in egg mixture to coat thoroughly. In a large nonstick skillet, melt 2 Tbsp. butter over medium heat.
- ☐ Add 6 sandwiches to skillet, cover and cook until golden on bottom, about 4 minutes. Turn and cook until golden on other side, about 3 minutes longer. Keep sandwiches in a warm oven while you repeat process with remaining butter and sandwiches.
- ☐ Serve with jam or syrup for dipping.

Nutrition Facts



Properties

Glycemic Index:46.44, Glycemic Load:17.37, Inflammation Score:-6, Nutrition Score:20.950869586157%

Nutrients (% of daily need)

Calories: 534.11kcal (26.71%), Fat: 28.04g (43.14%), Saturated Fat: 13.12g (82%), Carbohydrates: 33.65g (11.22%), Net Carbohydrates: 31.76g (11.55%), Sugar: 21.39g (23.77%), Cholesterol: 234.4mg (78.13%), Sodium: 1104.11mg (48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.4g (72.81%), Selenium: 55.73µg (79.62%), Phosphorus: 555.68mg (55.57%), Calcium: 441.18mg (44.12%), Vitamin B12: 2.16µg (36.05%), Vitamin B3: 6.53mg (32.67%), Vitamin B6: 0.62mg (30.93%), Vitamin B2: 0.52mg (30.7%), Zinc: 4.14mg (27.59%), Vitamin B1: 0.38mg (25.15%), Vitamin B5: 1.4mg (14.01%), Magnesium: 54.93mg (13.73%), Vitamin A: 656.03IU (13.12%), Iron: 2.15mg (11.92%), Potassium: 391.28mg (11.18%), Manganese: 0.19mg (9.31%), Folate: 36.72µg (9.18%), Copper: 0.17mg (8.75%), Vitamin D: 1.13µg (7.55%), Fiber: 1.89g (7.54%), Vitamin E: 1.06mg (7.09%), Vitamin C: 3.86mg (4.68%), Vitamin K:

1.49μg (1.41%)