



Monte Cristo Sandwiches

READY IN



16 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces deli ham smoked thinly sliced
- ☐ 0.3 cup egg substitute
- ☐ 0.3 cup milk fat-free
- ☐ 4 oz swiss cheese reduced-fat
- ☐ 4 tablespoons tomato chutney
- ☐ 3 tablespoons grain mustard whole
- ☐ 1 oz bread whole wheat

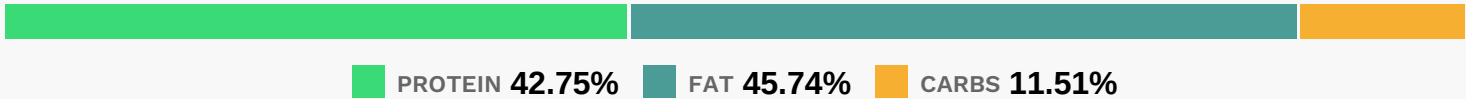
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Spread mustard evenly over 1 side of each bread slice.
- ☐ Layer each of 4 bread slices, mustard sides up, with 2 oz. ham and 1 cheese slice. Top with remaining bread slices, mustard sides down.
- ☐ Whisk together egg substitute and milk in a shallow dish. Dip both sides of each sandwich into egg mixture.
- ☐ Cook, in batches, in a large nonstick skillet coated with cooking spray over medium heat 3 minutes on each side or until lightly browned. Top each with 1 Tbsp. chutney, and, if desired, dust with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:43.24, Glycemic Load:2.35, Inflammation Score:-4, Nutrition Score:13.482608805532%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 232.59kcal (11.63%), Fat: 11.63g (17.9%), Saturated Fat: 4.42g (27.63%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 5.5g (2%), Sugar: 2.67g (2.97%), Cholesterol: 45.69mg (15.23%), Sodium: 933.99mg (40.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.46g (48.92%), Selenium: 30.79µg (43.99%), Phosphorus: 359.82mg (35.98%), Calcium: 338.08mg (33.81%), Vitamin B1: 0.44mg (29.09%), Vitamin B2: 0.35mg (20.78%), Zinc: 2.93mg (19.54%), Vitamin B12: 1.03µg (17.09%), Vitamin B6: 0.31mg (15.57%), Vitamin B3: 3.07mg (15.36%), Manganese: 0.22mg (11.24%), Magnesium: 38.91mg (9.73%), Potassium: 339.96mg (9.71%), Vitamin B5: 0.76mg (7.6%), Iron: 1.34mg (7.43%), Vitamin D: 0.97µg (6.47%), Vitamin A: 261.12IU (5.22%), Vitamin E: 0.7mg (4.66%), Copper: 0.09mg (4.63%), Fiber: 1.09g (4.35%), Folate: 12.99µg (3.25%), Vitamin C: 2.17mg (2.63%), Vitamin K: 2.07µg (1.97%)