



food
network

Monte Cristo Sandwiches with Swiss and Ham

READY IN



20 min.

SERVINGS



4

CALORIES



669 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 2 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground pepper black
- ☐ 12 ounces baked ham sliced
- ☐ 4 tablespoons mango chutney prepared
- ☐ 2 tablespoons milk
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces swiss cheese sliced

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8 slices bread whole wheat

Equipment

☐

frying pan

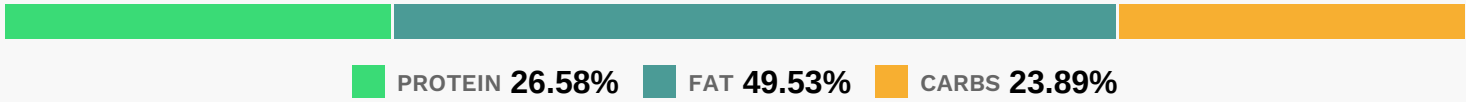
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whisk

Directions

- ☐ Coat a large griddle or skillet with cooking spray and set pan over medium heat.
- ☐ In a shallow dish, whisk together eggs, milk, mustard, cinnamon, salt, and black pepper. Set aside.
- ☐ Spread 1 tablespoon mango chutney on 4 slices of bread. Top with ham and cheese slices. Top with second slice of bread and transfer sandwiches to egg mixture. Turn to coat both sides.
- ☐ Transfer sandwiches to hot pan and cook 3 to 5 minutes per side, until golden brown on the outside and cheese begins to melt.

Nutrition Facts



Properties

Glycemic Index:64.67, Glycemic Load:22.31, Inflammation Score:-6, Nutrition Score:28.144782398058%

Nutrients (% of daily need)

Calories: 669.28kcal (33.46%), Fat: 36.51g (56.17%), Saturated Fat: 16.74g (104.66%), Carbohydrates: 39.61g (13.2%), Net Carbohydrates: 35.81g (13.02%), Sugar: 12.65g (14.05%), Cholesterol: 199.36mg (66.45%), Sodium: 1715.65mg (74.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.09g (88.18%), Selenium: 59.48µg (84.97%), Phosphorus: 688.76mg (68.88%), Manganese: 1.29mg (64.56%), Calcium: 633.11mg (63.31%), Vitamin B1: 0.76mg (50.42%), Vitamin B12: 2.52µg (41.99%), Zinc: 5.82mg (38.78%), Vitamin B2: 0.59mg (34.92%), Vitamin B3: 6.35mg (31.77%), Vitamin B6: 0.54mg (26.83%), Magnesium: 83.66mg (20.92%), Iron: 2.84mg (15.77%), Fiber: 3.8g (15.19%), Vitamin B5: 1.44mg (14.38%), Potassium: 489.32mg (13.98%), Copper: 0.27mg (13.28%), Vitamin A: 621.74IU (12.43%), Folate: 45.25µg (11.31%), Vitamin E: 1.25mg (8.34%), Vitamin D: 1.18µg (7.85%), Vitamin K: 5.56µg (5.3%), Vitamin C: 1.77mg (2.15%)