



Monte Cristo with Strawberry Habanero Jam

READY IN



30 min.

SERVINGS



4

CALORIES



1743 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 eggs
- ☐ 1 teaspoon granulated sugar
- ☐ 4 cups granulated sugar
- ☐ 8 slices gruyere cheese
- ☐ 1 habanero seeds removed, finely minced
- ☐ 12 ounces honey ham such as boar's head shaved
- ☐ 1 pinch nutmeg freshly grated
- ☐ 1 orange zest juiced
- ☐ 1 teaspoon salt

- ☐ 4 tablespoons butter salted
- ☐ 2 pounds strawberries hulled quartered
- ☐ 8 slices texas toast croutons
- ☐ 1 cup milk whole

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ candy thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ For the strawberry habanero jam: In a 4-quart saucepan set over medium heat, add the sugar, orange zest and juice, and stir until the sugar dissolves. Turn the heat up to high and add the strawberries and habanero. Bring to a boil, stirring often, until the temperature reaches 200 degrees F on a candy thermometer. Once the jam has reached that temperature, remove it from the heat and allow it to cool slightly. Once cooled, you can serve immediately. Store any leftovers in an airtight container in the refrigerator for about a week.
- ☐ For the custard: In a baking dish, whisk together the, milk, salt, sugar, nutmeg and eggs. Reserve.
- ☐ For the sandwich build: Preheat a griddle over medium heat. Top a slice of Texas toast with a slice of cheese, one-quarter of the ham, a second piece of cheese and the second slice of toast. Dip the sandwiches into the custard, letting the excess drip off.
- ☐ Add some butter to the griddle and gently pan fry each sandwich until golden brown, 2 to 3 minutes each side.
- ☐ Remove from the griddle, dust with some powdered sugar, if using, and serve some strawberry habanero jam on the side.

Nutrition Facts



Properties

Glycemic Index:108.8, Glycemic Load:147.49, Inflammation Score:-8, Nutrition Score:34.484347633694%

Flavonoids

Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 56.36mg, Pelargonidin: 56.36mg, Pelargonidin: 56.36mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 7.05mg, Catechin: 7.05mg, Catechin: 7.05mg, Catechin: 7.05mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 1742.68kcal (87.13%), Fat: 63.2g (97.24%), Saturated Fat: 28.79g (179.95%), Carbohydrates: 256.81g (85.6%), Net Carbohydrates: 250.16g (90.97%), Sugar: 220.38g (244.86%), Cholesterol: 233.59mg (77.86%), Sodium: 2559.07mg (111.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.61g (95.22%), Vitamin C: 144.46mg (175.1%), Iron: 14.32mg (79.56%), Calcium: 703.38mg (70.34%), Phosphorus: 687.92mg (68.79%), Selenium: 37.63µg (53.75%), Manganese: 0.93mg (46.45%), Vitamin B1: 0.66mg (43.93%), Vitamin B2: 0.63mg (36.97%), Zinc: 5.06mg (33.75%), Vitamin B12: 1.99µg (33.16%), Vitamin B6: 0.57mg (28.46%), Fiber: 6.66g (26.62%), Vitamin B3: 4.91mg (24.55%), Vitamin A: 1179.63IU (23.59%), Potassium: 803.88mg (22.97%), Magnesium: 78.74mg (19.69%), Folate: 78.61µg (19.65%), Vitamin B5: 1.6mg (16.01%), Vitamin D: 2.04µg (13.62%), Copper: 0.24mg (12.04%), Vitamin E: 1.73mg (11.53%), Vitamin K: 8.1µg (7.71%)