



## Mushroom Croque-Monsieur

READY IN



75 min.

SERVINGS



6

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 tablespoons flour
- 1 bay leaves
- 7 tablespoons butter divided room temperature
- 8 ounce mushrooms trimmed (baby bella)
- 12 ounces gruyere cheese grated thinly sliced
- 6 slices deli honey ham thin
- 1 pinch nutmeg freshly grated
- 0.5 cup parmesan cheese finely grated
- 2 tablespoons parmesan cheese grated

- 6 servings hot sauce hot
- 2 tablespoons shallots minced
- 1.5 cups milk whole

## Equipment

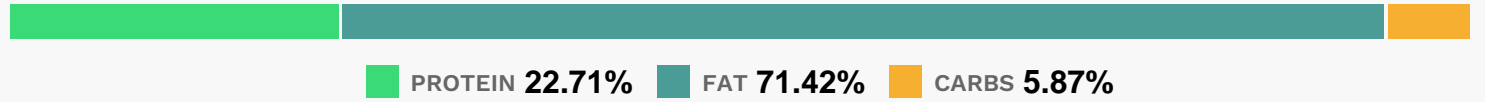
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- broiler

## Directions

- Melt butter in heavy-medium saucepan over medium heat.
- Add flour; stir until pale golden, about 2 minutes.
- Whisk in milk.
- Add bay leaf. Increase heat to medium-high; whisk until mixture begins to boil. Reduce heat to medium; stir until sauce coats back of spoon, about 5 minutes.
- Remove from heat.
- Add cheese and nutmeg. Season with hot sauce, salt, and pepper.
- Place mushrooms in processor. Using on/off turns, process until finely chopped. Melt 3 tablespoons butter in large skillet over medium-high heat.
- Add mushrooms and shallot; stir until mushrooms are browned and dry, about 8 minutes.
- Transfer to plate to cool.
- Preheat broiler.
- Spread remaining butter over 1 side of bread slices.
- Place bread, buttered side up, on rimmed baking sheet. Broil until golden, watching closely and rotating sheet halfway through broiling, about 3 minutes. Cool bread. Preheat oven to 450°F. Turn 6 bread slices over; top with ham and sliced cheese. Top with remaining bread slices, broiled side up. Press to compress.

- Spread about 2 tablespoons sauce over sandwiches, leaving 1/3-inch plain border. Divide mushroom mixture atop sauce.
- Sprinkle with grated Gruyère and Parmesan.
- Bake sandwiches until cheese inside melts and cheese on top turns golden, about 10 minutes. Top with tarragon, if desired.

## Nutrition Facts



### Properties

Glycemic Index:49.17, Glycemic Load:2.57, Inflammation Score:-6, Nutrition Score:16.993913199591%

### Nutrients (% of daily need)

Calories: 516.5kcal (25.82%), Fat: 41.22g (63.42%), Saturated Fat: 23.54g (147.1%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 7.05g (2.56%), Sugar: 4.22g (4.69%), Cholesterol: 130.87mg (43.62%), Sodium: 1045.4mg (45.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.49g (58.98%), Calcium: 745.07mg (74.51%), Phosphorus: 568.8mg (56.88%), Selenium: 23.59µg (33.71%), Vitamin B2: 0.51mg (29.79%), Vitamin B12: 1.59µg (26.56%), Zinc: 3.79mg (25.24%), Vitamin A: 1132.49IU (22.65%), Vitamin B1: 0.29mg (19.2%), Vitamin B3: 2.87mg (14.36%), Vitamin B5: 1.31mg (13.08%), Vitamin B6: 0.25mg (12.52%), Potassium: 373.98mg (10.69%), Magnesium: 41.72mg (10.43%), Vitamin D: 1.33µg (8.89%), Copper: 0.17mg (8.68%), Vitamin E: 0.73mg (4.84%), Folate: 18.75µg (4.69%), Iron: 0.72mg (3.98%), Manganese: 0.07mg (3.55%), Vitamin K: 3.06µg (2.92%), Fiber: 0.57g (2.3%), Vitamin C: 1.15mg (1.39%)