



Mushroom Croque-Monsieur

READY IN



75 min.

SERVINGS



6

CALORIES



531 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)
- ☐ 12.3 inch egg bread loaf – crusts
- ☐ 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

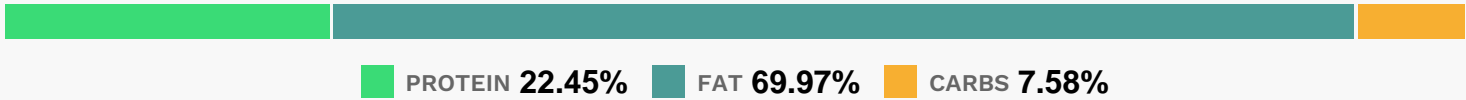
Directions

- ☐ 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-highheat.
- ☐ 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:-7, Nutrition Score:17.578260789747%

Nutrients (% of daily need)

Calories: 531.48kcal (26.57%), Fat: 41.53g (63.9%), Saturated Fat: 23.62g (147.62%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 9.42g (3.43%), Sugar: 4.31g (4.79%), Cholesterol: 133.53mg (44.51%), Sodium: 1065.24mg (46.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.99g (59.98%), Calcium: 749.93mg (74.99%), Phosphorus: 574.33mg (57.43%), Selenium: 25.17µg (35.95%), Vitamin B2: 0.53mg (31.13%), Vitamin B12: 1.6µg (26.65%), Zinc: 3.83mg (25.51%), Vitamin A: 1143.51IU (22.87%), Vitamin B1: 0.31mg (20.72%), Vitamin B3: 3.13mg (15.63%), Vitamin B5: 1.32mg (13.23%), Vitamin B6: 0.25mg (12.69%), Potassium: 379.99mg (10.86%), Magnesium: 42.71mg (10.68%), Copper: 0.18mg (9.1%), Vitamin D: 1.35µg (9.02%), Folate: 24.24µg (6.06%), Vitamin E: 0.74mg (4.93%), Iron: 0.88mg (4.86%), Manganese: 0.1mg (4.86%), Vitamin K: 3.11µg (2.96%), Fiber: 0.69g (2.78%), Vitamin C: 1.15mg (1.39%)