



Open-Faced Monte Cristo Sandwiches

READY IN



22 min.

SERVINGS



6

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices whitewheat bread
- ☐ 2 tablespoons butter
- ☐ 9 ounces deli ham smoked thinly sliced
- ☐ 9 ounces deli turkey thinly sliced
- ☐ 2 large eggs
- ☐ 0.5 cup milk
- ☐ 6 tablespoons strawberry jam
- ☐ 10 slices swiss cheese
- ☐ 2 teaspoons mustard yellow prepared

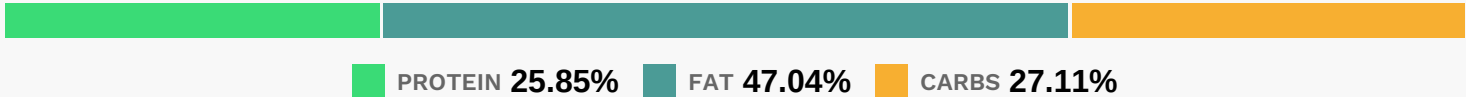
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ whisk

Directions

- ☐ Whisk together first 3 ingredients in a shallow dish. Dip both sides of bread in egg mixture.
- ☐ Melt 1 tablespoon butter in a large nonstick skillet over medium heat; add 3 bread slices, and cook 2 to 3 minutes on each side or until golden brown. Repeat with remaining 1 tablespoon butter and 3 bread slices.
- ☐ Spread 1 tablespoon strawberry jam on 1 side of each bread slice; top each evenly with turkey, ham, and cheese.
- ☐ Place on a baking sheet.
- ☐ Broil 5 1/2 inches from heat 2 to 3 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:43.44, Glycemic Load:15.08, Inflammation Score:-4, Nutrition Score:15.690434518068%

Nutrients (% of daily need)

Calories: 453.23kcal (22.66%), Fat: 23.57g (36.26%), Saturated Fat: 11.29g (70.54%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 29.15g (10.6%), Sugar: 13.09g (14.55%), Cholesterol: 140.8mg (46.93%), Sodium: 1282.64mg (55.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.15g (58.3%), Selenium: 32.76µg (46.8%), Phosphorus: 448.67mg (44.87%), Calcium: 335.33mg (33.53%), Vitamin B1: 0.4mg (26.56%), Vitamin B12: 1.39µg (23.23%), Vitamin B2: 0.37mg (21.91%), Zinc: 3.21mg (21.38%), Manganese: 0.36mg (18.08%), Vitamin B3: 3.53mg (17.66%), Vitamin B6: 0.26mg (12.93%), Iron: 2.3mg (12.8%), Magnesium: 46.52mg (11.63%), Copper: 0.23mg (11.49%), Potassium: 340.91mg (9.74%), Vitamin A: 476.47IU (9.53%), Folate: 37.92µg (9.48%), Vitamin B5: 0.89mg (8.91%), Vitamin D: 0.85µg (5.7%), Fiber: 1.41g (5.65%), Vitamin E: 0.7mg (4.66%), Vitamin C: 1.82mg (2.21%), Vitamin K: 2.23µg (2.13%)