



Quick Croque Madames

READY IN



22 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 4 large slices bread country-style
- ☐ 1 tablespoon butter
- ☐ 1 teaspoon dijon mustard
- ☐ 4 eggs
- ☐ 1 teaspoon sea salt
- ☐ 4 large slices lunchmeat ham
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1.5 cups swiss shredded

☐ 2 tablespoons white wine

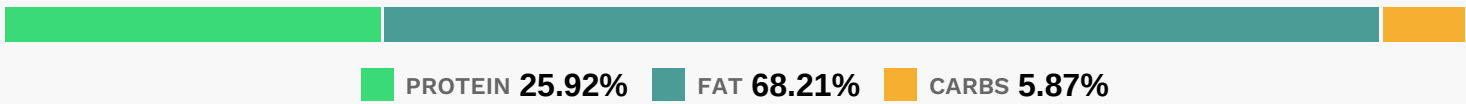
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat the broiler on low.
- ☐ Gently dry the bread under the broiler, just until dry and with no browning.
- ☐ In a small bowl, toss the cheese with the white wine and allow to sit.
- ☐ Meanwhile, in a small bowl, mix together the sour cream, garlic, mustard, salt, and pepper. On a baking sheet, lay out the bread slices. Take less than one-quarter of the sour cream mixture and divide evenly among the bread slices, spreading thinly to coat 1 side of each slice. Next, evenly distribute the ham on top of the bread. Divide the rest of the sour cream mixture over the ham. Spoon the cheese on top of the sour cream mixture, blotting lightly before adding to remove any excess wine.
- ☐ Preheat a large, nonstick saute pan over medium heat and melt the butter. Crack the eggs into the pan and fry, either over-easy or sunny-side up, according to your preference.
- ☐ While the eggs are cooking, place the open-faced sandwiches under the broiler until very bubbly and lightly browned, about 3 minutes. Watch closely and don't let the topping burn.
- ☐ Place each sandwich on a plate. Season the fried eggs with salt and pepper and place 1 egg on each sandwich. (If desired, use a biscuit cutter to cut the egg into an evenly round shape.)

Nutrition Facts



Properties

Glycemic Index:56.17, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:13.633043449858%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 199.47kcal (9.97%), Fat: 14.63g (22.51%), Saturated Fat: 6.32g (39.5%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.43g (0.88%), Sugar: 0.97g (1.08%), Cholesterol: 197.05mg (65.68%), Sodium: 469.88mg (20.43%), Alcohol: 0.77g (100%), Alcohol %: 0.86% (100%), Protein: 12.51g (25.01%), Vitamin K: 112.91µg (107.53%), Selenium: 21.46µg (30.65%), Vitamin A: 1241.74IU (24.83%), Vitamin B2: 0.31mg (18.01%), Phosphorus: 172.27mg (17.23%), Vitamin B1: 0.2mg (13.64%), Vitamin B6: 0.22mg (10.95%), Vitamin B12: 0.61µg (10.12%), Zinc: 1.37mg (9.12%), Vitamin B5: 0.9mg (9%), Iron: 1.4mg (7.75%), Vitamin D: 1.08µg (7.17%), Vitamin B3: 1.43mg (7.15%), Potassium: 229.66mg (6.56%), Folate: 25.76µg (6.44%), Vitamin E: 0.97mg (6.44%), Magnesium: 25.55mg (6.39%), Manganese: 0.11mg (5.66%), Calcium: 52.59mg (5.26%), Vitamin C: 4.2mg (5.09%), Copper: 0.09mg (4.49%), Fiber: 0.4g (1.61%)