



Smoked Turkey Monte Cristo Sandwiches

READY IN



22 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 pound deli turkey smoked thinly sliced
- ☐ 2 large eggs
- ☐ 0.3 cup milk
- ☐ 4 oz mozzarella cheese
- ☐ 2 tablespoons blackberry preserves
- ☐ 4 tablespoons grain mustard whole
- ☐ 8 slices honey-wheat bread

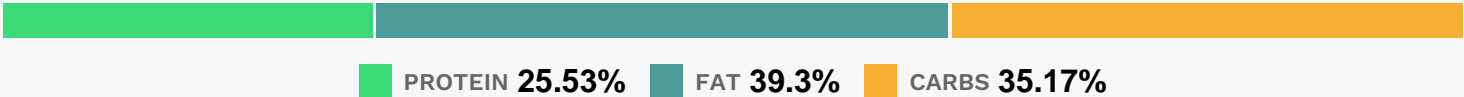
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Spread mustard over 1 side of each bread slice.
- ☐ Layer 4 bread slices, mustard sides up, with turkey and cheese slices. Top with remaining bread slices, mustard sides down.
- ☐ Whisk together eggs and milk in a shallow dish. Dip both sides of each sandwich into egg mixture.
- ☐ Melt 1 Tbsp. butter in a large nonstick skillet over medium heat; cook 2 sandwiches in skillet 3 to 4 minutes on each side or until lightly browned. Repeat procedure with remaining butter and sandwiches.
- ☐ Serve immediately with blackberry preserves. Dust with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:67.92, Glycemic Load:18.79, Inflammation Score:-5, Nutrition Score:17.703478175661%

Nutrients (% of daily need)

Calories: 410.01kcal (20.5%), Fat: 17.94g (27.6%), Saturated Fat: 9.05g (56.58%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 32.01g (11.64%), Sugar: 9.86g (10.96%), Cholesterol: 151.03mg (50.34%), Sodium: 1362.04mg (59.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.23g (52.46%), Manganese: 1.28mg (63.92%), Selenium: 32.7µg (46.71%), Phosphorus: 440.44mg (44.04%), Calcium: 292.82mg (29.28%), Vitamin B2: 0.34mg (19.73%), Magnesium: 77.28mg (19.32%), Zinc: 2.82mg (18.77%), Vitamin B1: 0.28mg (18.61%), Vitamin B12: 0.99µg (16.51%), Fiber: 4.11g (16.46%), Iron: 2.91mg (16.19%), Copper: 0.31mg (15.54%), Vitamin B3: 2.64mg (13.21%), Vitamin A: 546.84IU (10.94%), Potassium: 374.66mg (10.7%), Vitamin B6: 0.2mg (9.95%), Folate: 39.61µg (9.9%), Vitamin B5: 0.94mg (9.38%), Vitamin E: 0.86mg (5.71%), Vitamin K: 5.87µg (5.59%), Vitamin D: 0.84µg (5.58%), Vitamin C: 0.94mg (1.14%)