



Spanish Ham and Cheese Monte Cristo Sandwiches

READY IN



15 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8.5 inch thick bread french sourdough or country-style (each 5 x 3 inches)
- ☐ 4 tablespoons butter ()
- ☐ 2 tablespoons dijon mustard
- ☐ 4 large eggs
- ☐ 6 ounces manchego cheese thinly sliced
- ☐ 4 tablespoons quince preserves (quince paste)
- ☐ 2 ounces serrano ham thinly sliced

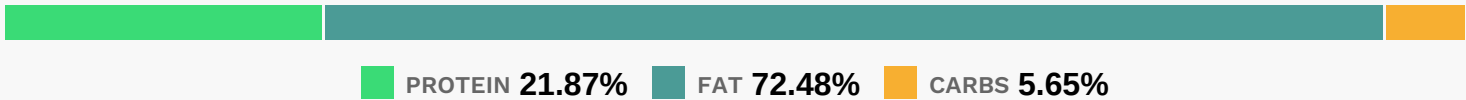
Equipment

☐ pie form

Directions

- ☐ Arrange 4 bread slices on work surface.
- ☐ Spread each with 1/2 tablespoon mustard.Top each with 1/4 of cheese, then 1/4 of ham,folding to fit.
- ☐ Spread 1 tablespoon quincepaste on each of remaining 4 bread slices;place bread, paste side down, atop ham.
- ☐ Beat eggs in pie dish until well blended.Melt 2 tablespoons butter in each of 2 largeskillets over medium–low heat. Workingwith 1 sandwich at a time, hold sandwichestightly closed and dip into beaten eggs tocoat on all sides.
- ☐ Place 2 sandwiches in eachskillet. Cover and cook until bottoms aregolden, about 4 minutes. Turn sandwichesovert. Cover and cook until bottoms aregolden, cheese is melted, and egg coating iscooked through, about 4 minutes longer.
- ☐ * A Spanish cheese made from sheep’s milk;sold at some supermarkets and at specialtyfoods stores.

Nutrition Facts



Properties

Glycemic Index:49.38, Glycemic Load:2.88, Inflammation Score:–4, Nutrition Score:8.91478256039%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg

Nutrients (% of daily need)

Calories: 412.33kcal (20.62%), Fat: 33.21g (51.09%), Saturated Fat: 19.7g (123.1%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 5.11g (1.86%), Sugar: 0.55g (0.61%), Cholesterol: 269.2mg (89.73%), Sodium: 813.12mg (35.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.55g (45.09%), Calcium: 495.53mg (49.55%), Selenium: 19.67µg (28.1%), Vitamin A: 864.98IU (17.3%), Vitamin B2: 0.27mg (15.63%), Phosphorus: 118.64mg (11.86%), Vitamin

B5: 0.83mg (8.34%), Iron: 1.48mg (8.23%), Folate: 31.53µg (7.88%), Vitamin B12: 0.47µg (7.81%), Vitamin D: 1µg (6.67%), Vitamin E: 0.89mg (5.92%), Zinc: 0.77mg (5.12%), Vitamin B6: 0.1mg (5.11%), Vitamin B1: 0.08mg (5.08%), Manganese: 0.07mg (3.68%), Copper: 0.07mg (3.45%), Potassium: 119.06mg (3.4%), Magnesium: 12.79mg (3.2%), Fiber: 0.72g (2.89%), Vitamin C: 2.25mg (2.72%), Vitamin B3: 0.38mg (1.88%), Vitamin K: 1.28µg (1.22%)