

Monte Cristo sandwich

submitted by taylor22



Per serving: 551 Calories • 30g Carbs (4.5g Fiber) • 31.3g Fat • 36.3g Protein

Ingredients

Ingredients scaled to: 4 sandwich

- 12 slice **Sliced ham** (336 grams)
- 4 slice (1 oz) **Swiss cheese** (112 grams)
- 4 extra large **Egg** (224 grams)
- 1/3 cup **Reduced fat milk** (81.3 grams)
- 3 tbsp **Butter** (42.6 grams)
- 8 slice **Whole-wheat bread** (224 grams)

Directions

Directions are based on the original recipe of 4 sandwich

1. For each sandwich, place about 2 slices ham and 1 slice Swiss cheese between 2 slices of bread. In a mixing bowl whisk together the eggs and milk.
2. Dip sandwiches in the egg mixture, turning carefully, until well coated and all of the mixture is absorbed. Melt butter in a large skillet or on griddle.
3. When skillet is hot and butter is bubbly, place sandwiches in skillet and cook slowly for 8-10 minutes; turn and continue cooking until cheese is melted and both sides are golden brown.