

Monte Cristo Sandwich

Yield: 2 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/sugar-free-italian-sweet-cream-creamer-recipe>

Ingredients:

- 1/2 cup heavy cream
- 1/2 cup whole milk
- 1 large egg
- 1 tablespoon granulated sugar
- 1/4 teaspoon ground nutmeg
- 4 slices bread 3/4-inch thick
- 1 1/2 tablespoons all-purpose flour
- 1 tablespoon butter cultured
- mustard whole grain
- 2 slices ham
- 2 slices turkey ham
- 2 slices emmentaler cheese Swiss cheese
- powdered sugar
- strawberry jam

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 265 milligrams
4. Fat: 49 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 29 grams
8. Sodium: 970 milligrams
9. Sugar: 17 grams

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