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Description

This Croque Monsieur brings the timeless charm of a Parisian bistro right into your kitchen. Crisp toasted bread holds generous layers of savory ham, rich Gruyère cheese, and a creamy béchamel sauce baked to bubbling perfection. It offers a decadent taste experience while remaining easy to adapt for a balanced, low-carb friendly lifestyle.

Can This Croque Monsieur Support Weight Loss Goals?

Yes, a Croque Monsieur can support weight loss goals when prepared with high-protein ingredients and portion awareness. Using lean deli ham and real, nutrient-rich cheese creates high protein satiety that keeps you feeling satisfied for hours. When paired with high-fiber or keto-friendly bread, it delivers rich comfort food flavor while keeping total energy intake aligned with your calorie targets.

Does Croque Monsieur Fit a High-Protein Lifestyle?

By utilizing high-protein bread, extra-lean sliced ham, and protein-dense Gruyère or Swiss

cheese, this Croque Monsieur fits seamlessly into an active routine. Swapping standard white bread for a low-carb, high-fiber alternative significantly reduces net carbs without sacrificing structural integrity. The blend of rich dairy and lean meat provides a solid amino acid profile suitable for muscle recovery. It proves that classic French comfort dishes can easily align with high-protein dietary preferences.

My Personal Experience

- Golden Crust with Creamy Depth

  Broiling the top béchamel layer creates a bubbly, golden-brown cheese crust that contrasts amazingly with the warm ham center.

- Surprisingly Simple Prep

  Assembling the sandwich takes under ten minutes, making an elegant French brunch completely feasible on busy mornings.

Perfect For:

- High-protein breakfast or weekend brunch spreads
- Low-carb snack upgrades when standard sandwiches feel boring
- Quick weeknight dinners paired with a light side salad
- High-protein meal prep options for cozy comfort food cravings

Why You’ll Love This Recipe:

- Decadent Parisian Flavor

  Combines nutty Gruyère, savory ham, Dijon mustard, and velvety sauce for an authentic bistro taste.

- Satisfying Crunch and Melty Interior

  Toasting the bread before baking guarantees a crispy outer shell that holds up under melted cheese.

Common Mistakes to Avoid:

1. Skipping the Initial Toasting Step: Placing un-toasted bread straight under sauce makes the sandwich soggy instead of crisp.

2. Over-thickening the Béchamel: Cooking the sauce flour mixture too long creates a paste rather than a smooth, pourable coating.

3. Using Excess High-Fat Meat Cuts: Using fatty ham cuts increases calories rapidly without adding useful lean protein density.

4. Broiling Too Close to the Element: Broiling on the top rack can scorch the cheese topping before the sandwich interior melts thoroughly.

Required Equipment:

- Skillet or Saucepan — Cooks a smooth, creamy béchamel sauce evenly over low heat.

- Baking Sheet with Parchment Paper — Catches melted cheese drips and prevents the bottom crust from sticking.

- Pastry Brush or Spatula — Spreads the Dijon mustard and béchamel coating smoothly across every edge.

Storage Instructions:

Allow leftover sandwiches to cool completely on a wire rack before wrapping individually in foil or storing in airtight glass containers. Refrigerate for up to 3 days. To freeze, wrap tight in freezer paper for up to 1 month; reheat directly from frozen in an oven or air fryer to restore

the crisp bread crust while maintaining protein quality.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 15 minutes
- Total Time: 25 minutes
- Servings: 2 sandwiches
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): ~390 kcal (approximate estimate)

A classic French ham and cheese sandwich layered with creamy béchamel and baked until golden and bubbly. Rich in savory flavors and easily adapted for high-protein, low-carb preferences. Ideal for a hearty brunch or a quick, comforting dinner.

 Ingredients:

- 4 slices high-protein, low-carb bread (or whole-grain bread)
- 5 oz lean deli ham, thinly sliced
- 1 cup Gruyère or Swiss cheese, shredded (divided)
- 1 tbsp unsalted butter
- 1 tbsp all-purpose flour (or almond flour for lower carbs)
- 1/2 cup skim milk or unsweetened almond milk

- 1 tsp Dijon mustard
- 1 pinch ground nutmeg, salt, and black pepper

Directions:

1. Toast the Bread: Preheat oven to 400°F (200°C). Arrange 4 bread slices on a baking sheet and toast for 5 minutes until lightly crisp on both sides.
2. Make the Béchamel: Melt butter in a small saucepan over medium-low heat. Whisk in flour for 1 minute, then slowly pour in milk, whisking constantly for 2–3 minutes until smooth and thickened. Remove from heat and stir in Dijon, nutmeg, salt, pepper, and 1/4 cup shredded cheese until melted.
3. Assemble Sandwich Layers: Spread a thin layer of béchamel on 2 toasted bread slices. Top evenly with sliced ham and half of the remaining cheese. *(High-Protein Tip: Double the ham layer to boost protein per serving without significantly raising net carbs).*
4. Cap and Coat Top: Place the remaining bread slices on top. Spoon the rest of the creamy béchamel over the top slices and sprinkle with the remaining shredded Gruyère cheese.
5. Bake & Broil: Bake at 400°F (200°C) for 10 minutes, then switch oven to broil on high for 2 minutes until the top cheese layer turns golden brown and bubbly.

Nutrition Facts (Per Serving – Approximate):

- Calories: 390 kcal
- Fats: 18 g
- Cholesterol: 75 mg
- Sodium: 720 mg

- Potassium: 290 mg
- Total Carbohydrates: 22 g
- Fiber: 8 g
- Net Carbs: 14 g
- Sugars: 3 g
- Protein: 35 g
- Calcium: 380 mg

Notes:

- Storage & Reheating: Reheat in an air fryer at 350°F (175°C) for 4–5 minutes to regain maximum crunch without microwaving.
- Allergy Note: Contains dairy and gluten. Use gluten-free low-carb bread and plant-based butter/cheese alternatives as needed.
- Flavor Boost: Add a fried egg on top to turn this into a classic Croque Madame while adding an extra 6g of protein.