

**Description:** Imagine biting into warm, buttery slider rolls loaded with savory deli turkey, smoky ham, and melted Swiss cheese, balanced by a hint of powdered sugar and sweet raspberry jam. These Monte Cristo sliders bring the ultimate combination of savory, salty, and sweet notes into one golden, oven-baked bite. Ideal for quick meal prep or crowd-pleasing gatherings, this recipe delivers maximum flavor with an effortless approach that fits high-protein and low-carb meal plans.

**Can Monte Cristo Sliders Support Weight Loss Goals?** Monte Cristo sliders can support weight loss goals when made using smart ingredient swaps, such as keto-friendly slider buns and lean sliced deli meats. By keeping protein high through generous layers of turkey and ham, these sliders promote fullness and satiety, helping to curb hunger throughout the day. Paired with low-sugar jam, they offer the iconic sweet-and-savory flavor profile without causing sharp spikes in calorie or carb intake.

**Does Monte Cristo Sliders Fit a High-Protein Lifestyle?** Monte Cristo sliders fit seamlessly into a high-protein lifestyle by delivering a concentrated source of lean protein from turkey, ham, and Swiss cheese. Utilizing low-carb slider buns or keto rolls keeps net carbs minimal while maximizing the protein content to around 18–22 grams per serving. The addition of egg-brushed roll tops provides an extra protein boost and an authentic golden exterior. This combination makes it a satisfying, macro-friendly option for post-workout meals or quick lunches.

### My Personal Experience

- **Irresistible Flavor Contrast:** The savory combination of warm ham and turkey paired with melted Swiss cheese and tart raspberry jam creates an incredible balance of sweet and salty notes. It delivers the indulgence of a classic diner sandwich in a convenient, bite-sized format.
- **Effortless Batch Prep:** Assembling these sliders in a single baking dish saves so much time during busy weeknights compared to frying individual sandwiches on the stove. They bake to a perfect golden crisp all at once with minimal kitchen cleanup.

**Perfect For:** This recipe is ideal for high-protein lunches, low-carb game day snacks, quick meal prep, party appetizers, and keto diet plans when using low-carb bread.

### Why You'll Love This Recipe:

- **High-Protein Satiety:** Packed with layers of deli meats and melted Swiss cheese to keep you satisfied and energized for hours.
- **Golden & Melty Texture:** Bakes to a perfectly warm, melted interior with a crisp, egg-washed roll top for maximum satisfaction.
- **Easy Party Food:** Assembles quickly in one pan, making it ideal for feeding a group without extra hassle.

### Common Mistakes to Avoid:

1. **Soggy slider bottoms:** Assembling the sandwich with overly wet or warm deli meat can trap steam and ruin the texture of the bottom bun.
2. **Using too much jam inside:** Spreading excessive jam directly inside the sandwich before baking makes the bread soggy; serve extra jam on the side for dipping instead.
3. **Overbrowning the tops:** Baking at too high a temperature without foil protection can burn the egg wash before the cheese inside fully melts.

### Required Equipment:

- **9×13-inch Baking Dish:** Holds all sliders snugly together so they bake evenly and stay moist.
- **Serrated Bread Knife:** Cuts through the connected slider rolls smoothly in a single horizontal slice without squishing the bread.
- **Pastry Brush:** Distributes the brushed egg and melted butter mixture evenly over the top buns for a uniform golden crust.

Storage Instructions: Store cooled leftover sliders in an airtight container lined with a paper towel in the refrigerator for up to 3 to 4 days. For longer storage, wrap individual sliders tightly in foil and freeze for up to 1 month. Reheat in an oven or air fryer at 350°F (175°C) for 5–7 minutes to restore their high-protein quality and crisp crust.

### Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 15 minutes
- Total Time: 25 minutes
- Servings: 12 sliders (3 sliders per serving, 4 total servings)
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): ~320 kcal (Approximate estimate using low-carb slider rolls)

Enjoy a comforting, sweet-and-savory classic transformed into a quick, high-protein slider recipe. Baked to golden perfection with melted cheese and deli meats, these bite-sized sandwiches make lunch or meal prepping effortless. Serve warm alongside low-sugar raspberry preserve for the ultimate taste experience.

### □ Ingredients:

- 1 pack (12 count) low-carb or keto-friendly slider rolls (sliced horizontally in half as a single block)
- 8 oz oven-roasted turkey breast slices (thinly sliced)
- 8 oz smoked deli ham slices (thinly sliced)
- 6 slices Swiss cheese (cut into quarters to fit rolls)

- 2 tbsp low-sugar raspberry jam (or sugar-free preserve)
- 1 large egg (beaten, for egg wash)
- 1 tbsp melted unsalted butter
- 1 tsp powdered erythritol or powdered monk fruit sweetener (optional, for dusting)

Directions:

1. Prep & Preheat: Preheat your oven to 375°F (190°C) and lightly coat a 9×13-inch baking dish with non-stick spray.
2. Assemble Base Layers: Place the bottom half of the connected slider rolls into the baking dish; lay down half the Swiss cheese, followed by all the turkey and ham slices, and top with the remaining Swiss cheese.
3. Add Jam & Top: Spread a thin, even layer of raspberry jam on the cut side of the top slider rolls, then place the top slab over the meat and cheese.
4. Brush & Bake: Whisk the beaten egg and melted butter together; brush evenly over the top of the rolls, cover loosely with aluminum foil, and bake at 375°F (190°C) for 10 minutes.
5. Crisp & Serve: Remove the foil and bake for an additional 4 to 5 minutes until the tops are golden brown and the cheese is fully melted; remove from oven, dust lightly with powdered sweetener, slice into individual sliders, and serve warm.

Nutrition Facts (Per Serving – Approximate):

- Calories: 320 kcal
- Fats: 16 g

- Cholesterol: 95 mg
- Sodium: 820 mg
- Potassium: 310 mg
- Total Carbohydrates: 12 g
- Fiber: 6 g
- Net Carbs: 6 g
- Sugars: 2 g
- Protein: 28 g
- Calcium: 220 mg

Notes:

- Storage & Reheating: Store in a sealed glass container in the fridge for up to 4 days, then reheat in an air fryer or oven at 350°F to retain the crisp top.
- Allergy Notes: Ensure low-carb slider buns are gluten-free and nut-free if catering to specific dietary restrictions.
- Flavor Boosts: Add a light smear of Dijon mustard inside the sliders along with the jam for an authentic, tangy flavor contrast.