



WHATSheATE



Authentic Cuban Sandwich



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 slices ham thin



1 serving mustard yellow to taste (never mayo)

Equipment



frying pan



paper towels

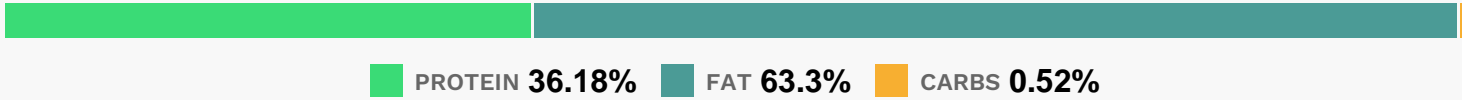


panini press

Directions

- ☐ Cut off the butt ends of the bread then split in half lengthwise, creating a top and bottom.
- ☐ Spread a thin layer of yellow mustard on the inside of the top half. Line the bottom half with the ham, pork, cheese and pickles (in that order).
- ☐ Place the top on the bottom. Then press the layers together a bit. The bread might crack on the outside and that's just fine.
- ☐ Heat a skillet or griddle over medium heat, Then spray it lightly with cooking spray or use a paper towel to barely coat it with canola oil.
- ☐ Place the sandwich in the pan or on the griddle. Then lightly spray, or brush the top of sandwich with canola oil.
- ☐ Add a heavy weight on top (such as a cast iron skillet) and press the sandwich flat. Don't be afraid to push hard. This is vital to get the crackly crust and juicy interior. Cook the sandwich for about 2 or 3 minutes or until the cheese begins to melt and the bread is toasted. Flip the sandwich and repeat. You may alternatively use a sandwich press and then there is not need to flip it.
- ☐ Cut the sandwich in half crosswise.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:8.03999999944088%

Nutrients (% of daily need)

Calories: 207.17kcal (10.36%), Fat: 14.26g (21.93%), Saturated Fat: 5.04g (31.47%), Carbohydrates: 0.26g (0.09%), Net Carbohydrates: 0.05g (0.02%), Sugar: 0.07g (0.08%), Cholesterol: 52.08mg (17.36%), Sodium: 1052.08mg (45.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.33g (36.66%), Vitamin B1: 0.51mg (34.29%), Selenium: 20.77µg (29.67%), Vitamin B3: 3.78mg (18.88%), Phosphorus: 185.16mg (18.52%), Vitamin B6: 0.32mg (16.13%), Zinc: 1.98mg (13.21%), Vitamin B2: 0.19mg (11.11%), Vitamin B12: 0.54µg (8.96%), Potassium: 247.74mg (7.08%), Magnesium: 18.36mg (4.59%), Iron: 0.81mg (4.5%), Vitamin B5: 0.4mg (3.99%), Vitamin D: 0.59µg (3.92%), Copper: 0.07mg (3.67%), Vitamin E: 0.32mg (2.13%), Manganese: 0.03mg (1.63%)