



Classic Cuban Sandwiches



Gluten Free



Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2.5 ounces deli ham lean
- ☐ 24 small dill pickle
- ☐ 1 pound pork tenderloin trimmed
- ☐ 2 tablespoons mayonnaise light
- ☐ 4.8 ounce swiss cheese cut in half reduced-fat
- ☐ 1 teaspoon oregano dried
- ☐ 0.1 teaspoon salt

- ☐ 2 tablespoons spicy brown mustard
- ☐ 15 ounce hoagie rolls split with sesame seeds, and toasted

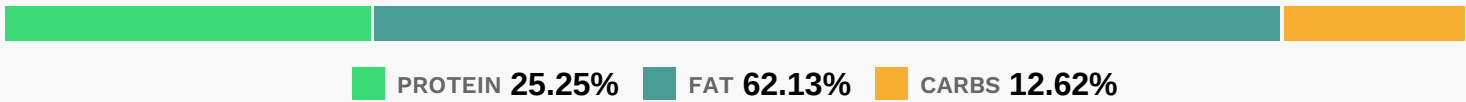
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 40
- ☐ Sprinkle pork with oregano, salt, and crushed pepper.
- ☐ Heat a medium ovenproof skillet coated with cooking spray over medium- high heat.
- ☐ Place pork in pan; cook 2 minutes on each side or just until browned.
- ☐ Place pan in oven and bake, uncovered, at 400 for 15 to 18 minutes or until a meat thermometer inserted into thickest portion of pork registers 16
- ☐ Let stand 5 minutes. Thinly slice pork into 24 pieces.
- ☐ Reduce oven temperature to 30
- ☐ Spread mayonnaise evenly on bottom half of each roll.
- ☐ Spread mustard evenly on top half of each roll. Arrange 4 pickle slices on bottom halves of rolls; top with 4 pork slices, 1 slice ham, and 2 half slices cheese.
- ☐ Place tops of rolls over cheese, mustard side down.
- ☐ Place sandwiches on a baking sheet.
- ☐ Bake at 300 for 10 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:2.91, Inflammation Score:-9, Nutrition Score:42.670000418373%

Nutrients (% of daily need)

Calories: 576.33kcal (28.82%), Fat: 41.33g (63.58%), Saturated Fat: 7.12g (44.47%), Carbohydrates: 18.89g (6.3%), Net Carbohydrates: 9.88g (3.59%), Sugar: 1.13g (1.25%), Cholesterol: 65.15mg (21.72%), Sodium: 602.26mg (26.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.79g (75.59%), Copper: 2.99mg (149.57%), Vitamin B1: 1.41mg (94.29%), Calcium: 937.62mg (93.76%), Manganese: 1.81mg (90.41%), Phosphorus: 806.21mg (80.62%), Selenium: 55.07µg (78.67%), Magnesium: 285mg (71.25%), Iron: 11.48mg (63.75%), Vitamin B6: 1.23mg (61.39%), Zinc: 8.16mg (54.38%), Vitamin B3: 8.88mg (44.4%), Fiber: 9.01g (36.06%), Vitamin B2: 0.56mg (33.1%), Potassium: 737.62mg (21.07%), Folate: 74.04µg (18.51%), Vitamin B12: 0.84µg (14.04%), Vitamin K: 9.51µg (9.06%), Vitamin B5: 0.76mg (7.64%), Vitamin E: 0.63mg (4.21%), Vitamin A: 116.93IU (2.34%), Vitamin D: 0.26µg (1.71%)