



Cuban Grilled Cheese Sandwich

 Popular

READY IN



15 min.

SERVINGS



1

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread
- ☐ 1 tablespoon butter
- ☐ 2 slices ham
- ☐ 1 tablespoon mustard
- ☐ 2 slices pickle
- ☐ 2 slices roast pork or
- ☐ 2 slices swiss shredded (or)

Equipment

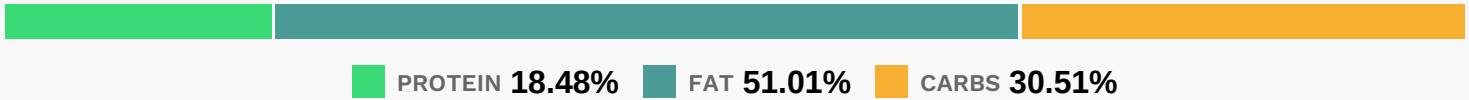
- ☐ frying pan
- ☐ grill

Directions

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Heat a pan over medium heat.Butter one side of each slice of bread, spread the mustard on the insides, place one slice in the pan with buttered side down, top with half of the cheese, the roast pork, ham, pickle, the remaining cheese and finally the other slice of bread with buttered side up.Grill until golden brown on both sides and the cheese is melted, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:172.67, Glycemic Load:14.36, Inflammation Score:-7, Nutrition Score:22.582608440648%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 440.33kcal (22.02%), Fat: 25.27g (38.88%), Saturated Fat: 11.26g (70.41%), Carbohydrates: 34g (11.33%), Net Carbohydrates: 27.99g (10.18%), Sugar: 7.71g (8.57%), Cholesterol: 65.68mg (21.89%), Sodium: 3705.6mg (161.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.6g (41.21%), Vitamin K: 72.63µg (69.17%), Vitamin B1: 0.74mg (49.48%), Selenium: 34.1µg (48.71%), Manganese: 0.89mg (44.55%), Vitamin B3: 6.06mg (30.32%), Vitamin B2: 0.46mg (26.94%), Phosphorus: 262.16mg (26.22%), Calcium: 256.15mg (25.61%), Fiber: 6.02g (24.07%), Vitamin A: 1054.25IU (21.08%), Vitamin B6: 0.39mg (19.66%), Iron: 3.51mg (19.51%), Folate: 75.83µg (18.96%), Potassium: 619.76mg (17.71%), Magnesium: 64.4mg (16.1%), Zinc: 2.34mg (15.59%), Copper: 0.22mg (11.23%), Vitamin B5: 0.93mg (9.34%), Vitamin C: 7.32mg (8.87%), Vitamin E: 1.1mg (7.3%), Vitamin B12: 0.38µg (6.37%), Vitamin D: 0.39µg (2.61%)