



Cuban Pork Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 hawaiian rolls split white
- 2 teaspoons mustard yellow
- 4 teaspoons salad dressing
- 4 ounces roasted cooked thinly sliced
- 4 ounces finely-chopped ham cooked thinly sliced
- 4 ounces swiss cheese sliced
- 12 slices dill pickles
- 3 tablespoons butter melted

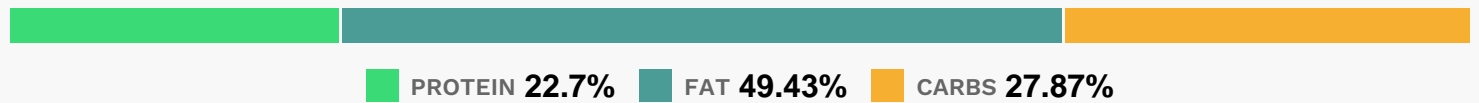
Equipment

- frying pan

Directions

- For each sandwich, spread one cut side of each bun with 1/2 teaspoon mustard and the other side with 1 teaspoon mayonnaise.
- Layer pork, ham, cheese and 3 pickle slices in each bun, folding meats or cheese to fit if necessary. Press sandwiches firmly with palm of hand to flatten to about 1-inch thickness.
- Heat 12-inch nonstick skillet over medium-high heat.
- Brush tops of sandwiches with melted butter.
- Place sandwiches, buttered sides down, in skillet.
- Brush bottoms with remaining butter. Cook about 6 minutes, turning once, until crisp and brown on both sides.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:12.99, Inflammation Score:-8, Nutrition Score:26.608695434487%

Nutrients (% of daily need)

Calories: 453.47kcal (22.67%), Fat: 25.16g (38.71%), Saturated Fat: 8.6g (53.77%), Carbohydrates: 31.92g (10.64%), Net Carbohydrates: 26.38g (9.59%), Sugar: 9.55g (10.61%), Cholesterol: 64.92mg (21.64%), Sodium: 4529.63mg (196.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.99g (51.99%), Vitamin K: 82.86µg (78.91%), Calcium: 573.69mg (57.37%), Selenium: 34.63µg (49.46%), Vitamin B1: 0.74mg (49.17%), Phosphorus: 432.84mg (43.28%), Vitamin B2: 0.6mg (35.57%), Vitamin A: 1465.48IU (29.31%), Vitamin B12: 1.5µg (24.95%), Vitamin B3: 4.98mg (24.89%), Vitamin B6: 0.5mg (24.84%), Manganese: 0.48mg (24.24%), Potassium: 790.6mg (22.59%), Fiber: 5.53g (22.13%), Zinc: 3.23mg (21.5%), Vitamin C: 16.98mg (20.58%), Folate: 81.3µg (20.33%), Iron: 3.03mg (16.81%), Magnesium: 66.83mg (16.71%), Copper: 0.23mg (11.62%), Vitamin E: 1.3mg (8.69%), Vitamin B5: 0.83mg (8.29%)