



Cuban Sandwich

READY IN



25 min.

SERVINGS



4

CALORIES



712 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 inch baguettes french cut in half lengthwise
- 2 tablespoons grapeseed oil
- 8 ounces ham sliced
- 10 pickle
- 1 pound barbequed pulled pork plain (not glazed or barbeque)
- 4 tablespoons dijon stone-ground
- 8 slices swiss cheese
- 4 tablespoons butter unsalted

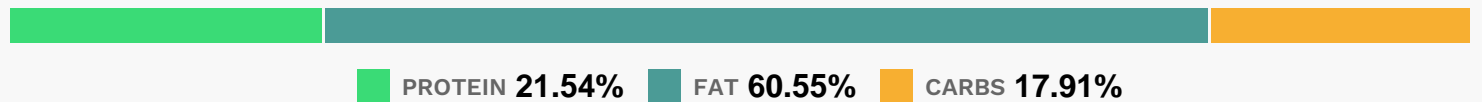
Equipment

- frying pan
- grill
- stove
- chopsticks

Directions

- To prepare the Cuban, butter the top and bottom interior side of each baguette and place in a skillet over medium heat to brown and crisp the bread. Once browned, remove the baguettes from the skillet and begin to layer each sandwich with 1 tablespoon mustard, 4 ounces pulled pork, 2 slices pickle, 2 to 3 ounces ham and 2 slices Swiss cheese. After stacking the sandwiches, return the skillet to the stove over medium heat and warm with the oil.
- Add the sandwiches in batches and weigh down with a heavy skillet. Grill until crisp on the exterior, 1 to 2 minutes. Then flip and repeat the process on the second side. Once cooked on both sides, remove and repeat with the remaining sandwiches, then serve.

Nutrition Facts



Properties

Glycemic Index:46.19, Glycemic Load:5.21, Inflammation Score:-7, Nutrition Score:18.665217565454%

Nutrients (% of daily need)

Calories: 711.57kcal (35.58%), Fat: 48.29g (74.3%), Saturated Fat: 20.32g (127.01%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 29.54g (10.74%), Sugar: 19.54g (21.71%), Cholesterol: 145.63mg (48.54%), Sodium: 2985.49mg (129.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.66g (77.32%), Calcium: 479.83mg (47.98%), Selenium: 30.97µg (44.24%), Phosphorus: 376.53mg (37.65%), Vitamin B1: 0.54mg (35.91%), Vitamin K: 29.44µg (28.04%), Vitamin B12: 1.41µg (23.56%), Vitamin B2: 0.38mg (22.62%), Vitamin A: 1110.18IU (22.2%), Zinc: 3.21mg (21.39%), Vitamin E: 3.04mg (20.27%), Vitamin B3: 3.51mg (17.54%), Vitamin B6: 0.32mg (16.06%), Iron: 2.7mg (14.99%), Potassium: 413.06mg (11.8%), Magnesium: 44.81mg (11.2%), Manganese: 0.22mg (10.99%), Fiber: 2.59g (10.36%), Folate: 35.54µg (8.88%), Copper: 0.14mg (6.85%), Vitamin C: 5.51mg (6.68%), Vitamin B5: 0.6mg (6.04%), Vitamin D: 0.61µg (4.05%)