



Cuban Sandwich

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

836 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices baked ham
- ☐ 4 tablespoons mayonnaise to taste
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 cup olives green spanish pitted coarsely chopped
- ☐ 0.5 cup raisins
- ☐ 2 tablespoons red wine vinegar
- ☐ 8 slices deli roasted pork
- ☐ 4 hoagie sandwich rolls halved lengthwise
- ☐ 1 small shallots coarsely chopped

- ☐ 8 slices swiss cheese
- ☐ 1 tablespoon butter unsalted
- ☐ 4 tablespoons mustard yellow to taste

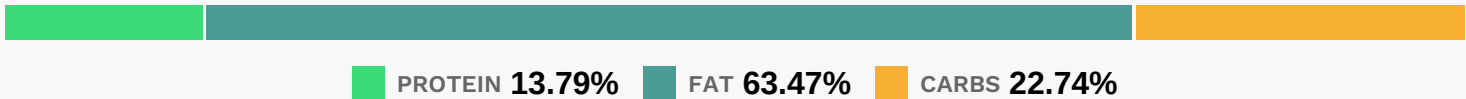
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Put the raisins, olives, shallot, vinegar, and oil in the bowl of a food processor. Puree until well combined.
- ☐ Transfer the olive mixture to a bowl, cover with plastic wrap and set aside for at least 1 hour or up to 2 days before using.
- ☐ Open the bread like a book and spread each side with the mayonnaise and mustard.
- ☐ Lay 2 slices of ham and 2 slices of roast pork on 1 side of the roll. Top with 2 slices of cheese.
- ☐ Spread 1 to 2 tablespoons of the olive-raisin relish over the cheese. Bring the tops and bottoms of the sandwich together.
- ☐ Wrap 4 bricks in aluminum foil and place in a 500 degree F oven for 15 minutes.
- ☐ Melt the butter in a large skillet or griddle pan over medium heat (if your skillet isn't large enough you may need to cook the sandwiches in 2 batches).
- ☐ Place the sandwiches in the skillet and press down with the hot bricks for 3 to 5 minutes until the cheese is melted and the bread is flat and browned.

Nutrition Facts



Properties

Glycemic Index:49.45, Glycemic Load:8.11, Inflammation Score:-6, Nutrition Score:22.890000047891%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg

Nutrients (% of daily need)

Calories: 836.43kcal (41.82%), Fat: 59.55g (91.61%), Saturated Fat: 16.58g (103.65%), Carbohydrates: 47.99g (16%), Net Carbohydrates: 43.49g (15.82%), Sugar: 1.98g (2.2%), Cholesterol: 81mg (27%), Sodium: 1826.25mg (79.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.12g (58.23%), Selenium: 51.73µg (73.9%), Vitamin B1: 0.68mg (45.51%), Phosphorus: 415.77mg (41.58%), Calcium: 397.75mg (39.77%), Vitamin E: 5.12mg (34.14%), Vitamin K: 35.47µg (33.78%), Vitamin B2: 0.47mg (27.79%), Vitamin B3: 5.43mg (27.15%), Zinc: 3.55mg (23.67%), Vitamin B12: 1.42µg (23.64%), Manganese: 0.41mg (20.28%), Iron: 3.52mg (19.58%), Fiber: 4.5g (18.01%), Vitamin B6: 0.35mg (17.47%), Folate: 64.43µg (16.11%), Magnesium: 55.94mg (13.99%), Copper: 0.27mg (13.62%), Potassium: 467.17mg (13.35%), Vitamin A: 522.3IU (10.45%), Vitamin B5: 0.76mg (7.57%), Vitamin D: 0.48µg (3.2%), Vitamin C: 1.58mg (1.91%)