



Cuban Sandwich

 Popular

READY IN



15 min.

SERVINGS



1

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices ham cooked
- ☐ 1 tablespoon mustard
- ☐ 2 slices pickle
- ☐ 2 slices roast pork or
- ☐ 1 bun cut in half
- ☐ 2 slices swiss cheese

Equipment

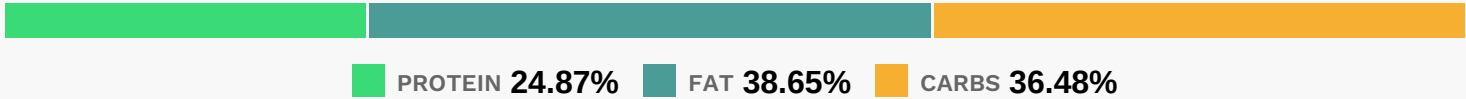
- ☐ grill

☐ panini press

Directions

☐ Assemble the sandwich and grill in a panini press over medium heat until golden brown, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:132, Glycemic Load:23.14, Inflammation Score:-7, Nutrition Score:22.208260992299%

Nutrients (% of daily need)

Calories: 440.35kcal (22.02%), Fat: 18.99g (29.22%), Saturated Fat: 7.47g (46.69%), Carbohydrates: 40.33g (13.44%), Net Carbohydrates: 35.52g (12.92%), Sugar: 8.8g (9.78%), Cholesterol: 73.36mg (24.45%), Sodium: 3683.94mg (160.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.5g (55.01%), Iron: 12.14mg (67.44%), Vitamin K: 52.78µg (50.27%), Calcium: 490.2mg (49.02%), Phosphorus: 424.48mg (42.45%), Selenium: 26.42µg (37.75%), Vitamin B1: 0.47mg (31.64%), Vitamin B12: 1.82µg (30.27%), Vitamin B2: 0.42mg (24.88%), Vitamin C: 19.65mg (23.82%), Zinc: 3.17mg (21.14%), Fiber: 4.81g (19.24%), Vitamin A: 863.15IU (17.26%), Potassium: 551.2mg (15.75%), Vitamin B6: 0.28mg (14.15%), Magnesium: 51.88mg (12.97%), Vitamin B3: 2.43mg (12.16%), Manganese: 0.24mg (11.81%), Copper: 0.17mg (8.58%), Vitamin B5: 0.83mg (8.35%), Folate: 30.59µg (7.65%), Vitamin E: 0.63mg (4.19%)