



Cuban Sandwiches

READY IN

ready

7 min.

SERVINGS

servings

4

CALORIES

calories

482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings butter for grilling
- ☐ 4 servings dijon mustard
- ☐ 1 loaf bread french
- ☐ 0.3 pound ham thinly sliced
- ☐ 4 servings kosher dill pickles sliced
- ☐ 4 servings mayonnaise
- ☐ 4 slices swiss cheese

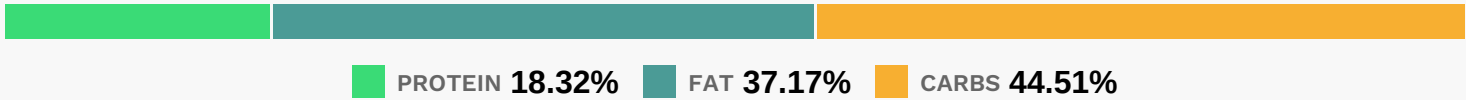
Equipment

- ☐ frying pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Slice the bread in half lengthwise.
- ☐ Spread one half with mayonnaise and the other with mustard.
- ☐ Layer the ham and Swiss cheese on 1 half of the bread.
- ☐ Layer the pickle slices over the cheese. Top with the other bread half. In a large skillet over medium-high heat, heat enough butter to coat the cooking surface.
- ☐ Place the sandwich in the pan and weight with another heavy pan or a brick wrapped in foil and grill until the cheese is melted.
- ☐ Cut the loaf to make 4 sandwiches.

Nutrition Facts



Properties

Glycemic Index:59.88, Glycemic Load:40.1, Inflammation Score:-6, Nutrition Score:19.586521812107%

Nutrients (% of daily need)

Calories: 481.6kcal (24.08%), Fat: 19.94g (30.68%), Saturated Fat: 8.42g (52.63%), Carbohydrates: 53.73g (17.91%), Net Carbohydrates: 50.66g (18.42%), Sugar: 5.55g (6.17%), Cholesterol: 45.82mg (15.27%), Sodium: 1607.71mg (69.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.11g (44.22%), Vitamin B1: 0.92mg (61.53%), Selenium: 41.99µg (59.99%), Vitamin B2: 0.58mg (34.35%), Folate: 131.28µg (32.82%), Vitamin B3: 6.2mg (30.98%), Manganese: 0.58mg (29.02%), Phosphorus: 281.09mg (28.11%), Iron: 4.42mg (24.54%), Calcium: 245.05mg (24.51%), Vitamin K: 18.8µg (17.91%), Zinc: 2.55mg (17.03%), Vitamin B6: 0.25mg (12.63%), Magnesium: 50.09mg (12.52%), Fiber: 3.07g (12.26%), Vitamin B12: 0.71µg (11.8%), Copper: 0.2mg (10.24%), Potassium: 292.45mg (8.36%), Vitamin A: 391.15IU (7.82%), Vitamin B5: 0.6mg (5.96%), Vitamin E: 0.76mg (5.05%), Vitamin C: 1.38mg (1.68%), Vitamin D: 0.21µg (1.38%)