



Cuban Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby spinach
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 12 inch cuban bread cut in half horizontally
- ☐ 3 ounces deli less-sodium ham thin
- ☐ 0.5 cup dill pickle finely chopped
- ☐ 6 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 4 ounce swiss cheese reduced-fat

- ☐ 2 tablespoons mustard prepared
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup onion minced
- ☐ 0.8 cup orange juice fresh 2 oranges
- ☐ 0.5 teaspoon oregano dried
- ☐ 8 ounces pork tenderloin

Equipment

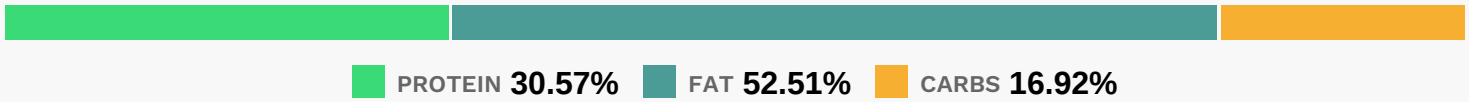
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Heat 3 tablespoons olive oil in a small skillet over medium-high heat.
- ☐ Add onion, salt, oregano, black pepper, and minced garlic; saut 3 minutes or until onion is tender.
- ☐ Remove from heat; stir in orange juice and lime juice. Reserve 2 tablespoons juice mixture; cover and refrigerate.
- ☐ Combine remaining juice mixture and pork in a large zip-top plastic bag; seal. Marinate pork mixture in refrigerator at least 4 hours or overnight.
- ☐ Prepare grill to medium-high heat.
- ☐ Remove pork from bag; discard marinade.
- ☐ Place pork on grill rack coated with cooking spray; grill 15 minutes or until thermometer registers 155 (slightly pink), turning occasionally.
- ☐ Remove pork from grill. Cover loosely with foil; let stand 10 minutes.

- ☐ Cut pork into 16 thin slices.
- ☐ Combine pickle, reserved 2 tablespoons juice mixture, mustard, and 2 teaspoons oil in a small bowl; stir until well blended.
- ☐ Hollow out top and bottom halves of bread, leaving a 1/2-inch-thick shell; reserve torn bread for another use.
- ☐ Spread 2 teaspoons pickle mixture over cut side of each half. Arrange 4 pork slices, 2 ham slices, 1 cheese slice, and 1/4 cup spinach on each bottom half of bread; cover with top halves.
- ☐ Heat a large nonstick grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add sandwiches to pan.
- ☐ Place a cast-iron or heavy skillet on top of sandwiches; gently press to flatten. Leave skillet on; cook 4 minutes on each side or until cheese melts and bread is toasted.

Nutrition Facts



Properties

Glycemic Index:67.17, Glycemic Load:5.33, Inflammation Score:-8, Nutrition Score:21.953043284624%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 6.23mg, Hesperetin: 6.23mg, Hesperetin: 6.23mg, Hesperetin: 6.23mg Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 349.07kcal (17.45%), Fat: 20.38g (31.35%), Saturated Fat: 4.72g (29.53%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 13.07g (4.75%), Sugar: 6.12g (6.8%), Cholesterol: 59.96mg (19.99%), Sodium: 900.41mg (39.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.69g (53.38%), Vitamin B1: 0.81mg (54.17%), Vitamin K: 49.59µg (47.23%), Selenium: 31.24µg (44.63%), Phosphorus: 401.66mg (40.17%), Vitamin C: 30.92mg (37.48%), Vitamin B6: 0.68mg (33.81%), Calcium: 332.97mg (33.3%), Vitamin B3: 5.53mg (27.65%), Vitamin B2: 0.42mg (24.46%), Zinc: 2.97mg (19.81%), Manganese: 0.36mg (18.14%), Vitamin A: 888.86IU (17.78%), Potassium: 554.65mg (15.85%), Vitamin E: 2.33mg (15.51%), Vitamin B12: 0.91µg (15.12%), Magnesium: 53.4mg (13.35%), Folate: 44.59µg (11.15%), Iron: 1.83mg (10.16%), Vitamin B5: 0.83mg (8.25%), Copper: 0.16mg (7.79%), Fiber: 1.7g (6.79%), Vitamin D:

0.35µg (2.32%)