



Cuban Sandwiches

READY IN



15 min.

SERVINGS



15

CALORIES



149 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large crusty baguette halved lengthwise cut into 4 pieces, each
- ☐ 0.5 pound deli honey ham sliced
- ☐ 4 dill pickles thinly sliced
- ☐ 4 pork cutlets shredded
- ☐ 15 servings basil with basil chopped
- ☐ 0.5 pound swiss cheese sliced

Equipment

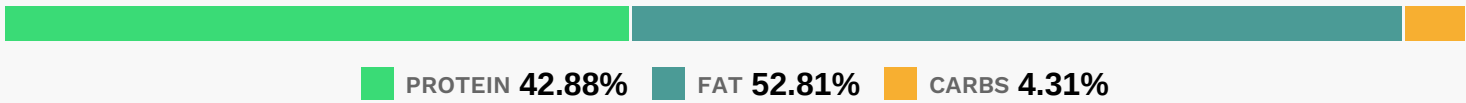
- ☐ oven

☐ aluminum foil

Directions

- ☐ Heat oven to 400 F.
- ☐ Layer some of the cheese, ham, pickles, and pork on the bottom half of each of the 4 baguette pieces. Top with the remaining bread. Wrap each sandwich tightly in a 12-inch square of aluminum foil, then press them with the palm of your hand to flatten slightly.
- ☐ Place the sandwiches in the oven and heat until crispy and warm, about 15 minutes. Unwrap and serve with Chopped Salad with Basil.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.73, Inflammation Score:-3, Nutrition Score:8.9117391264957%

Nutrients (% of daily need)

Calories: 149.26kcal (7.46%), Fat: 8.59g (13.21%), Saturated Fat: 4.11g (25.71%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.32g (0.36%), Cholesterol: 47.02mg (15.67%), Sodium: 377.45mg (16.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.38%), Selenium: 20.66µg (29.52%), Vitamin B1: 0.36mg (24.04%), Phosphorus: 208.55mg (20.86%), Vitamin B3: 3.76mg (18.82%), Vitamin B6: 0.35mg (17.46%), Calcium: 152.41mg (15.24%), Vitamin B12: 0.74µg (12.26%), Vitamin K: 11.48µg (10.94%), Zinc: 1.63mg (10.87%), Vitamin B2: 0.16mg (9.7%), Potassium: 220.06mg (6.29%), Vitamin A: 262.71IU (5.25%), Magnesium: 20.52mg (5.13%), Vitamin B5: 0.42mg (4.21%), Iron: 0.51mg (2.81%), Copper: 0.05mg (2.73%), Manganese: 0.05mg (2.31%), Folate: 6.7µg (1.68%), Vitamin E: 0.23mg (1.56%), Vitamin D: 0.21µg (1.42%)