



## Cuban-Style Pulled Pork Panini

READY IN



10 min.

SERVINGS



4

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 slices oscar mayer deli ham smoked fresh
- 4 clausen kosher dill burger
- 1 Tbsp heinz mustard yellow
- 11.5 oz oscar mayer carving board hickory seasoned pulled pork smoked
- 1 Tbsp mayo reduced fat mayonnaise light kraft
- 4 kaiser rolls split
- 4 big aged swiss cheese kraft

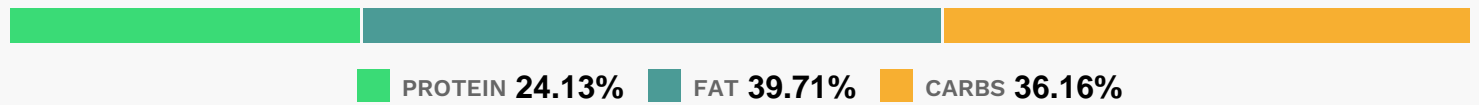
### Equipment

- grill
- panini press

## Directions

- Heat panini grill.
- Mix mayo and mustard; spread onto cut sides of rolls.
- Fill with remaining ingredients.
- Grill 3 min. or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:23.04, Inflammation Score:-3, Nutrition Score:12.876087105793%

## Nutrients (% of daily need)

Calories: 545.33kcal (27.27%), Fat: 23.99g (36.9%), Saturated Fat: 8.52g (53.22%), Carbohydrates: 49.15g (16.38%), Net Carbohydrates: 47.27g (17.19%), Sugar: 17.22g (19.13%), Cholesterol: 86.14mg (28.71%), Sodium: 2069.85mg (89.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.8g (65.61%), Iron: 12.11mg (67.26%), Selenium: 19.19µg (27.42%), Vitamin B1: 0.38mg (25.09%), Calcium: 240.03mg (24%), Phosphorus: 232.4mg (23.24%), Vitamin B12: 0.87µg (14.53%), Zinc: 2.14mg (14.27%), Vitamin B3: 2.6mg (13%), Vitamin B2: 0.21mg (12.63%), Vitamin K: 13.09µg (12.47%), Vitamin B6: 0.25mg (12.47%), Vitamin A: 387.42IU (7.75%), Fiber: 1.88g (7.51%), Potassium: 251.74mg (7.19%), Magnesium: 22.67mg (5.67%), Vitamin B5: 0.37mg (3.75%), Copper: 0.07mg (3.74%), Vitamin C: 2.85mg (3.45%), Vitamin E: 0.47mg (3.14%), Manganese: 0.06mg (2.76%), Vitamin D: 0.39µg (2.61%), Folate: 8.81µg (2.2%)