



## Cubano

READY IN



45 min.

SERVINGS



4

CALORIES



755 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 Tbsp pepper black freshly ground
- 2 lb pork shoulder boneless
- 2 Tbsp dijon mustard
- 1 large dill pickles thinly sliced lengthwise
- 2 Tbsp granulated sugar
- 1 tsp mace
- 1 Tbsp ground mustard
- 0.3 lb gruyere cheese thinly sliced
- 0.8 lb ham thinly sliced (unglazed)

- 2 Tbsp kosher salt
- 1 Tbsp paprika smoked sweet spanish
- 24 inch portugese rolls light
- 2 Tbsp butter unsalted

## Equipment

- frying pan
- paper towels
- oven
- roasting pan
- aluminum foil
- panini press

## Directions

- To cure the pork, combine 2 tablespoons of the salt with the sugar and ground mustard. Rub the mixture all over the meat, cover, and set it in the refrigerator to cure for 6 hours.
- Place a rack in the middle position and preheat the oven to 325°F.
- To roast the pork, rinse it under cold running water to remove the seasoning. Pat dry with paper towels.
- Combine the Dijon mustard, mace, black pepper, paprika, and the remaining 1 tablespoon salt. Rub the mixture all over the meat. Set the pork in a roasting pan, cover tightly with aluminum foil, and cook until the internal temperature reaches 175°F, about 45 minutes. Allow the meat to cool completely before slicing.
- To make the sandwiches, heat a sandwich press or griddle to medium-high. Split the bread lengthwise and pull it open.
- Spread the mustard on 1 side of each roll and layer on the roast pork, ham, cheese, and pickles.
- Spread the butter all over the outside of the sandwiches and griddle until the cheese is melted and the meats are warmed through, 3 to 4 minutes. (Alternatively, wrap the sandwich in foil and toast in a 350°F oven for 5 to 7 minutes.) Slice each in half on the diagonal and serve.

## Nutrition Facts

 **PROTEIN 43.4%**  **FAT 47.07%**  **CARBS 9.53%**

### Properties

Glycemic Index:55.52, Glycemic Load:9.56, Inflammation Score:-8, Nutrition Score:41.456521619921%

### Nutrients (% of daily need)

Calories: 754.97kcal (37.75%), Fat: 38.87g (59.81%), Saturated Fat: 16.73g (104.54%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 15.14g (5.51%), Sugar: 7.88g (8.76%), Cholesterol: 235.26mg (78.42%), Sodium: 5243.82mg (227.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 80.66g (161.31%), Vitamin B1: 2.05mg (136.39%), Vitamin B3: 25.98mg (129.91%), Selenium: 88.51µg (126.44%), Vitamin B6: 2.05mg (102.72%), Phosphorus: 913.28mg (91.33%), Vitamin B2: 1.38mg (81.34%), Zinc: 7.83mg (52.2%), Vitamin B12: 2.98µg (49.72%), Potassium: 1269.74mg (36.28%), Calcium: 359.43mg (35.94%), Iron: 6.21mg (34.47%), Vitamin B5: 2.92mg (29.22%), Manganese: 0.56mg (28.24%), Vitamin A: 1395.57IU (27.91%), Magnesium: 106.94mg (26.73%), Copper: 0.34mg (17.24%), Vitamin K: 13.46µg (12.81%), Fiber: 2.56g (10.23%), Vitamin E: 1.43mg (9.52%), Vitamin D: 0.87µg (5.81%), Folate: 13.35µg (3.34%), Vitamin C: 0.97mg (1.17%)