



Cubano

READY IN



30 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large wide loaf bread french halved lengthwise quartered (not baguette)
- ☐ 4 tablespoons butter softened
- ☐ 1 large cucumber peeled sliced
- ☐ 2 tablespoons dijon mustard
- ☐ 3 cloves garlic minced
- ☐ 4 slices ham deli-style
- ☐ 2 tablespoons mayonnaise
- ☐ 3 tablespoons onion chopped
- ☐ 5 ounces fatty pork thinly sliced (roast, chop or pulled)

- ☐ 1 teaspoon pepper flakes red
- ☐ 1 tablespoon salt
- ☐ 1 tablespoon sugar
- ☐ 8 slices swiss cheese
- ☐ 0.3 cup vinegar white

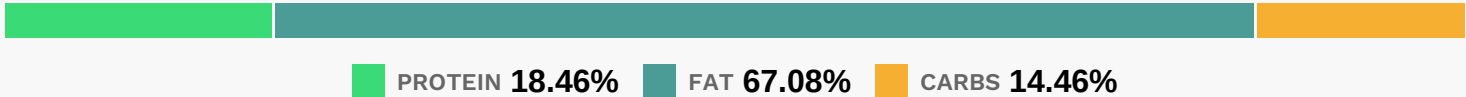
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Mix the mayonnaise and mustard in a small bowl and spread evenly on the inside of the bread slices.
- ☐ Layer on half of the cheese, the ham, pork, Quick Garlic Pickles and the remaining cheese. Cover with another slice of bread and butter the outside (top and bottom) of the sandwich.
- ☐ Heat a cast-iron skillet to medium-high heat and place the sandwiches in the pan. Top with a second cast-iron skillet to weigh the sandwiches down. After 2 minutes, turn down the heat to medium low, flip the sandwiches and weigh down again with the second skillet. Check the sandwiches after 1 more minute, and remove when golden brown and the cheese has melted.
- ☐ Ingredients and Directions
- ☐ Place the cucumber slices in a medium bowl.
- ☐ Heat 3/4 cup water in a small saucepan with the vinegar, onions, salt, sugar, red pepper flakes and garlic, and bring to a boil over medium-high heat. Boil 1 to 2 minutes, stirring.
- ☐ Remove from the heat and pour over the cucumbers and stir to coat the slices well.
- ☐ Place in the refrigerator for at least 15 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:107.9, Glycemic Load:12.4, Inflammation Score:-6, Nutrition Score:17.753478397494%

Flavonoids

Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 543.28kcal (27.16%), Fat: 40.38g (62.12%), Saturated Fat: 18.84g (117.74%), Carbohydrates: 19.59g (6.53%), Net Carbohydrates: 17.9g (6.51%), Sugar: 5.61g (6.23%), Cholesterol: 107.53mg (35.84%), Sodium: 2531.3mg (110.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25g (50.01%), Selenium: 35.65µg (50.93%), Vitamin B1: 0.65mg (43.22%), Phosphorus: 377.68mg (37.77%), Calcium: 349.96mg (35%), Vitamin B12: 1.49µg (24.77%), Vitamin B2: 0.39mg (22.88%), Zinc: 3.42mg (22.81%), Vitamin B3: 4.12mg (20.6%), Vitamin B6: 0.38mg (19.04%), Vitamin K: 18.78µg (17.89%), Vitamin A: 843.42IU (16.87%), Manganese: 0.29mg (14.35%), Folate: 47.92µg (11.98%), Magnesium: 45.56mg (11.39%), Iron: 1.99mg (11.06%), Potassium: 375.68mg (10.73%), Vitamin B5: 0.84mg (8.36%), Copper: 0.17mg (8.27%), Vitamin E: 1.15mg (7.67%), Fiber: 1.69g (6.76%), Vitamin C: 3.78mg (4.58%), Vitamin D: 0.21µg (1.4%)