



Fried Mini Cubans

 Dairy Free

READY IN

ready

200 min.

SERVINGS

servings

4

CALORIES

calories

867 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cans biscuits
- ☐ 4 servings egg wash
- ☐ 0.3 cup parsley leaves fresh finely chopped
- ☐ 10 large cloves garlic fresh peeled sliced chopped room temperature
- ☐ 0.8 teaspoon garlic powder
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 pound ham thinly sliced cut into pieces

- ☐ 1 jar kosher dill pickles chopped
- ☐ 1 cup squeezed lime juice fresh
- ☐ 4 servings mustard for dipping
- ☐ 4 servings oil for frying
- ☐ 0.3 cup squeezed orange juice fresh
- ☐ 0.5 teaspoon oregano dried
- ☐ 3 rib crossing over quintessential american desserts boneless country-style
- ☐ 1 teaspoon salt
- ☐ 8 ounces swiss shredded
- ☐ 1 cup virgin olive oil extra-virgin
- ☐ 0.7 cup water
- ☐ 0.3 cup onion yellow finely minced peeled

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

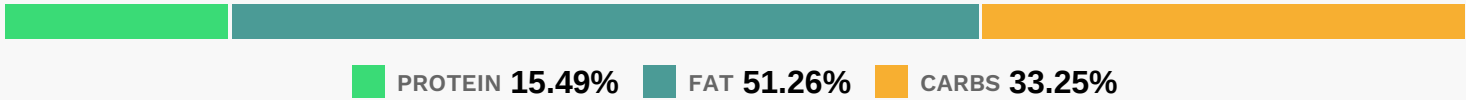
Directions

- ☐ Pour the oil into a large cast iron skillet about 1/2-inch up the sides and heat to about 350 degrees F.
- ☐ Remove biscuits from cans, flour them and roll each one out to a 5-inch round. You should dip your fingers in egg wash and wipe around the edge of the bottom biscuit to enable it to stick to the top biscuit.
- ☐ Place 1 heaping tablespoon shredded pork on a round leaving a 1/2-inch edge all around. Top pork with some shredded Swiss, kosher dill pickles and a half piece of the ham.
- ☐ Place another rolled out round on top of the filling, pressing around the edges to seal. Dip end of dinner fork in flour and press continuously around edge to insure a proper seal. Repeat with

remaining biscuits.

- ☐ Place 3 or 4 of the pies in the preheated cast iron skillet. Fry for about 2 minutes per side or until golden brown.
- ☐ Transfer to paper towels to drain.
- ☐ Serve with mustard.
- ☐ In skillet over medium-high heat, add about 2 tablespoons olive oil. Once heated, add the garlic and onion, cook until pale golden brown; 2 to 3 minutes only, stirring constantly. Stir in the citrus juices, 2/3 cup water, 2 tablespoons of olive oil and all dry ingredients. Bring sauce mixture to a rolling boil.
- ☐ Remove from heat and let cool to room temperature.;
- ☐ Preheat oven to 325 degrees F.
- ☐ Season the ribs with salt and pepper.
- ☐ Add enough oil to a hot large skillet to just cover.
- ☐ Add ribs and sear, about 3 minutes each side.
- ☐ Remove to a large shallow roasting pan.
- ☐ Add Mojo sauce over the country style ribs and turn to cover. Seal tightly with foil and roast for 3 hours. Marinate each hour with Mojo sauce. Take foil off for the last 30 minutes of cooking, or until tender.

Nutrition Facts



Properties

Glycemic Index:79.25, Glycemic Load:37.98, Inflammation Score:-10, Nutrition Score:44.414347773013%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Eriodictyol: 1.36mg, Eriodictyol: 1.36mg, Eriodictyol: 1.36mg, Eriodictyol: 1.36mg Hesperetin: 7.9mg, Hesperetin: 7.9mg, Hesperetin: 7.9mg, Hesperetin: 7.9mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 3.43mg, Kaempferol: 3.43mg, Kaempferol: 3.43mg Myricetin: 2.45mg, Myricetin: 2.45mg, Myricetin: 2.45mg, Myricetin: 2.45mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 867.44kcal (43.37%), Fat: 50.16g (77.16%), Saturated Fat: 9.3g (58.1%), Carbohydrates: 73.21g (24.4%), Net Carbohydrates: 68.34g (24.85%), Sugar: 9.67g (10.74%), Cholesterol: 228.59mg (76.2%), Sodium: 3208.07mg (139.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.11g (68.22%), Vitamin K: 567.55µg (540.52%), Selenium: 65.45µg (93.49%), Vitamin A: 4331.46IU (86.63%), Phosphorus: 851.48mg (85.15%), Vitamin B1: 1.07mg (71.12%), Vitamin C: 56.05mg (67.94%), Vitamin B2: 0.91mg (53.76%), Manganese: 1.03mg (51.61%), Iron: 8.1mg (44.98%), Vitamin B6: 0.83mg (41.43%), Vitamin B3: 7.82mg (39.1%), Vitamin E: 5.77mg (38.45%), Folate: 140.85µg (35.21%), Potassium: 1160.36mg (33.15%), Magnesium: 117.55mg (29.39%), Zinc: 4.16mg (27.74%), Vitamin B5: 2.52mg (25.23%), Calcium: 239.58mg (23.96%), Vitamin B12: 1.36µg (22.65%), Copper: 0.42mg (20.92%), Fiber: 4.88g (19.52%), Vitamin D: 1.52µg (10.1%)