



Grilled Cuban Pork Pressed Sandwiches

READY IN



30 min.

SERVINGS



4

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb pork tenderloin
- 3 tablespoons olive oil
- 2 teaspoons lime zest grated
- 1 teaspoon oregano dried
- 4 oz provolone cheese (from deli)
- 4 portugese rolls split soft
- 8 oz ham thin (from deli)
- 3 tablespoons mustard yellow
- 3 tablespoons relish

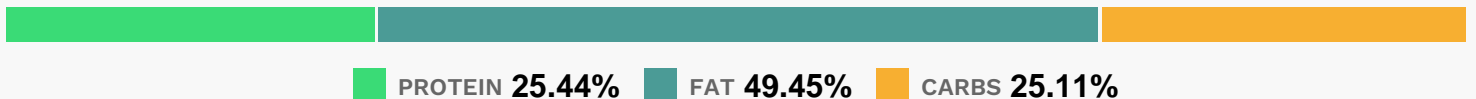
Equipment

- bowl
- plastic wrap
- grill
- meat tenderizer
- glass baking pan

Directions

- Between pieces of plastic wrap, gently pound pork with flat side of meat mallet until very thin.
- Place in glass baking dish. In small bowl, mix dressing, lime peel and oregano.
- Spread over pork; turn pork to coat.
- Let stand while heating contact grill.
- Heat closed medium-size contact grill for 5 minutes. Position drip tray to catch drippings.
- Place pork on grill. Close grill; cook 5 to 6 minutes or until no longer pink in center. Meanwhile, place cheese on cut sides of roll bottoms; top with ham, pleating to fit.
- Spread mustard and pickle relish on cut sides of bun tops.
- Place grilled pork on ham; place roll tops, relish sides down, on pork. Press down firmly on tops of sandwiches (sandwiches are thick).
- Carefully wipe off grill plates; spray with cooking spray.
- Place sandwiches on grill. Carefully close grill so tops of rolls don't slip off sandwiches. Gently press top of grill until sandwiches are compressed. Cook 3 to 4 minutes or until rolls are toasted and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:23.19, Inflammation Score:-6, Nutrition Score:20.478695897952%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg,
Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin:
0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 590.11kcal (29.51%), Fat: 32.21g (49.55%), Saturated Fat: 10.4g (64.99%), Carbohydrates: 36.8g (12.27%),
Net Carbohydrates: 34.84g (12.67%), Sugar: 4.69g (5.21%), Cholesterol: 91.57mg (30.52%), Sodium: 1447.96mg
(62.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.29g (74.58%), Iron: 12.41mg (68.94%), Vitamin B1:
0.93mg (61.99%), Selenium: 38.01µg (54.3%), Phosphorus: 417.3mg (41.73%), Vitamin B6: 0.69mg (34.25%), Vitamin
B3: 6.47mg (32.33%), Vitamin B2: 0.42mg (24.83%), Calcium: 244.15mg (24.42%), Zinc: 3.4mg (22.68%), Vitamin
B12: 1.07µg (17.86%), Vitamin E: 2.04mg (13.59%), Potassium: 457.18mg (13.06%), Magnesium: 42.97mg (10.74%),
Vitamin K: 10.23µg (9.74%), Vitamin B5: 0.91mg (9.1%), Fiber: 1.96g (7.83%), Copper: 0.13mg (6.31%), Vitamin A:
286.39IU (5.73%), Vitamin D: 0.71µg (4.72%), Manganese: 0.09mg (4.62%), Folate: 6.7µg (1.68%)