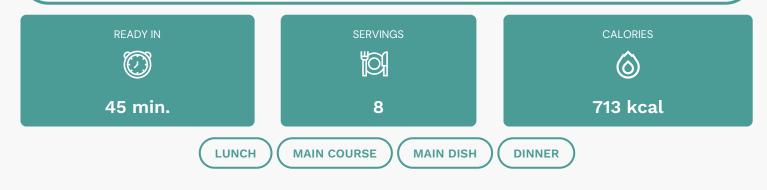


# Grilled Cuban Sandwich (Sandwich Cubano)



## **Ingredients**

1.5 pounds ham boiled sliced
1 cup dill pickle to taste
1.5 pounds roasted sliced
1 pound swiss cheese sliced
0.3 cup butter unsalted softened
3 tablespoons mustard yellow to taste

1 loaf bread sliced lengthwise

# **Equipment**

П	grill
	aluminum foil
<b>.</b>	
ווט	rections
	Assemble the sandwich
	Spread 2 tablespoons of the butter on one half of the bread loaf and a thin layer of mustard on the other.
	Place 1 to 2 layers of ham, pork, cheese, and, finally, pickles on the buttered bread and top with the mustard-spread bread.
	Wrap the sandwich in foil
	Smear the remaining butter all over the outside of the sandwich and wrap it completely in aluminum foil.
	Press and grill the sandwich
	Heat your grill to high (550°F) and close the lid. Wait at least 15 minutes before lowering the heat to medium-high (450°F) and continuing.
	Before grilling the sandwich, press down on it with your hands to flatten it.
	Place the wrapped, flattened sandwich on the grill and top with a brick, grill press, or any other heavy, heat-resistant object. Close the lid and grill for 5 to 6 minutes per side.
	Remove the wrapped sandwich from the grill and take off the foil. Return the sandwich to the grill and grill for about 2 to 3 minutes per side, or until both pieces of bread are crispy and golden brown.
	Slice and serve
	Remove the sandwich from the grill and cut at an angle into small sandwich wedges (triangles).
	Place on a large platter and serve while still hot.
	Cooking notes
	Ingredients
	Cuban bread Made from white flour, yeast, and a bit of lard, this bread has a very thin crust and soft middle filled with tunnels. Cuban bread is distinguished by the palm frond placed lengthwise down its middle prior to baking, its length (almost 3 feet), and its somewhat rectangular shape. Advance preparation

Ш	right before serving.
	Reprinted with permission from Latin Grilling by Lourdes Castro, © 2011 Ten Speed Press, a
	division of Random House, Inc.A Miami native, Lourdes Castro has served as a personal chef
	and nutritionist for high-profile clients, such as Cristina Saralegui and professional athletes,
	and as an associate of the James Beard Foundation. A highly regarded Latin chef and cooking
	teacher, Castro is the author of Simply Mexican and Eat, Drink, Think in Spanish. She currently
	teaches food science at New York University and is the director of the Culinary Academy at
	the Biltmore Hotel in Coral Gables, Florida. Find out more at Lourdescastro.com

## **Nutrition Facts**



### **Properties**

Glycemic Index:14.71, Glycemic Load:21.93, Inflammation Score:-7, Nutrition Score:31.548695561679%

#### **Nutrients** (% of daily need)

Calories: 712.88kcal (35.64%), Fat: 34.05g (52.38%), Saturated Fat: 16.71g (104.41%), Carbohydrates: 42.87g (14.29%), Net Carbohydrates: 39.05g (14.2%), Sugar: 5.44g (6.04%), Cholesterol: 161.54mg (53.85%), Sodium: 1902.16mg (82.7%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 57.95g (115.9%), Selenium: 67.09µg (95.84%), Phosphorus: 840.37mg (84.04%), Calcium: 638.53mg (63.85%), Manganese: 1.05mg (52.71%), Vitamin B1: 0.75mg (50.12%), Vitamin B3: 9.73mg (48.63%), Zinc: 6.53mg (43.52%), Vitamin B6: 0.79mg (39.32%), Vitamin B12: 2.16µg (35.97%), Vitamin B2: 0.56mg (33.02%), Iron: 4.98mg (27.69%), Magnesium: 106.13mg (26.53%), Potassium: 749.04mg (21.4%), Copper: 0.42mg (20.79%), Folate: 79.39µg (19.85%), Vitamin B5: 1.61mg (16.07%), Fiber: 3.82g (15.28%), Vitamin A: 686.28IU (13.73%), Vitamin K: 8.54µg (8.14%), Vitamin E: 0.82mg (5.45%), Vitamin D: 0.45µg (2.98%)