



Grilled Cuban Sandwich (Sandwich Cubano)

READY IN



45 min.

SERVINGS



8

CALORIES



713 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 loaf bread sliced lengthwise
- ☐ 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

Equipment

- ☐ grill
- ☐ aluminum foil

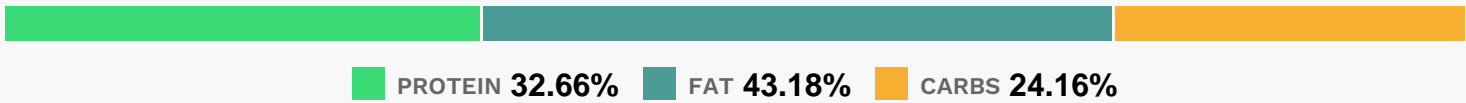
Directions

- ☐ 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

☐ The loaf sandwich can be prepared and wrapped in foil a few hours in advance. Press and grill right before serving.

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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: 0g (100%), Alcohol %: 0% (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%)