



Grilled Turkey Cuban Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound forest ham black thinly sliced
- ☐ 6 tablespoons butter ()
- ☐ 1 tablespoon chili sauce hot (such as Sriracha)
- ☐ 1 pound ciabatta bread ends trimmed halved (each 5x3 inches)
- ☐ 0.3 cup mint leaves fresh packed finely chopped ()
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup mayonnaise divided
- ☐ 2 tablespoons shallots minced

- ☐ 1 teaspoon sugar
- ☐ 12 deli swiss cheese
- ☐ 6.3 inch thick turkey breast cooked

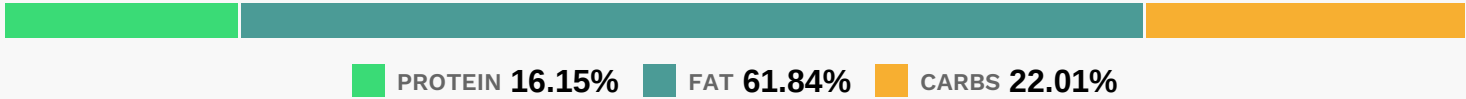
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Mix 1/2 cup mayonnaise and chili sauce in small bowl.
- ☐ Mix 1/2 cup mayonnaise, mint, and next 4 ingredients in another small bowl.
- ☐ Spread chili mayonnaise over cut sides of bread. Top each bottom half of bread with 1 cheese slice, ham slices, and 1 turkey slice.
- ☐ Sprinkle turkey with salt and pepper. Spoon mint mayonnaise over turkey. Top with remaining cheese and top halves of bread.
- ☐ Working in batches, melt 2 tablespoons butter in large griddle over medium heat.
- ☐ Add 3 sandwiches; top with piece of foil.
- ☐ Place 13x9x2-inch metal pan atop sandwiches. Fill pan with 6 to 8 pounds of canned goods and cook until bread is golden brown, about 4 minutes.
- ☐ Remove pan with weights and foil.
- ☐ Transfer sandwiches to work surface. Melt 1 tablespoon butter in griddle. Turn sandwiches over onto griddle. Replace foil and pan with weights. Continue cooking until cheese melts and sandwiches are golden brown on second side, about 4 minutes. Repeat with remaining butter and sandwiches.
- ☐ Cut in half; serve.

Nutrition Facts



Properties

Glycemic Index:38.68, Glycemic Load:0.85, Inflammation Score:-5, Nutrition Score:10.574782734332%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 756.07kcal (37.8%), Fat: 51.86g (79.78%), Saturated Fat: 18.08g (112.97%), Carbohydrates: 41.53g (13.84%), Net Carbohydrates: 40.27g (14.64%), Sugar: 4.27g (4.75%), Cholesterol: 119.65mg (39.88%), Sodium: 1584.42mg (68.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.48g (60.95%), Vitamin K: 62.51µg (59.54%), Calcium: 320.94mg (32.09%), Phosphorus: 220.09mg (22.01%), Vitamin B12: 1.11µg (18.53%), Selenium: 11.93µg (17.04%), Vitamin A: 786.92IU (15.74%), Vitamin E: 1.83mg (12.18%), Zinc: 1.65mg (11.03%), Potassium: 303.79mg (8.68%), Iron: 1.51mg (8.36%), Vitamin B2: 0.13mg (7.63%), Fiber: 1.25g (5.01%), Magnesium: 17.15mg (4.29%), Vitamin C: 2.99mg (3.62%), Vitamin B6: 0.07mg (3.49%), Manganese: 0.06mg (2.78%), Vitamin B5: 0.27mg (2.7%), Folate: 10.27µg (2.57%), Copper: 0.04mg (2.16%), Vitamin B3: 0.4mg (2%), Vitamin B1: 0.02mg (1.25%)