



Jamon Jibarito

READY IN



30 min.

SERVINGS



4

CALORIES



1126 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices processed cheese food
- ☐ 1 beefsteak tomatoes thinly sliced
- ☐ 0.5 teaspoon chili powder
- ☐ 1 pound ham boiled thinly sliced
- ☐ 4 servings sea salt for seasoning
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 vibrant leaves iceberg lettuce
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 cup mayonnaise

- ☐ 2 plantains green halved lengthwise cut in half and then
- ☐ 4 cups vegetable oil for frying
- ☐ 1 clove run through a press minced
- ☐ 1 clove run through a press minced

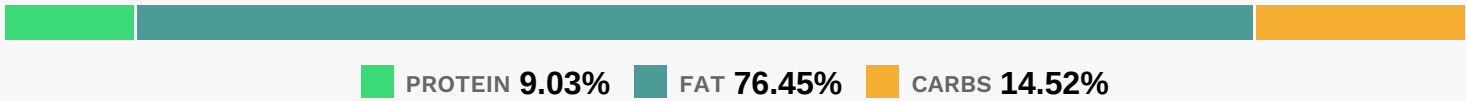
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ Heat the oil in a Dutch oven to 375 degrees F. Fry 4 pieces of plantains until they float to the surface, about 2 minutes.
- ☐ Drain on a paper towel and repeat with the remaining 4 pieces. Using 2 wooden cutting boards or a heavy pan, flatten each piece of plantain. Refry each piece of flattened plantain, in batches, until golden, about 4 minutes. Season with salt and pepper and a little granulated garlic. Set aside on a paper towel.
- ☐ For the sandwich build: On the bottom of 4 fried plantains (or tostones), place a slice of American cheese, a quarter of the ham, a quarter of the tomatoes and 1 lettuce leaf.
- ☐ Spread the Garlic Mayo on the top tostones and close.
- ☐ Cut in half on the bias. Pick up gently but bite aggressively.
- ☐ In a bowl, mix together the mayo, chili powder, cumin, garlic and a little salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:1.4, Inflammation Score:-8, Nutrition Score:21.128260690233%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 1126.35kcal (56.32%), Fat: 96.72g (148.8%), Saturated Fat: 18.56g (116%), Carbohydrates: 41.33g (13.78%), Net Carbohydrates: 37.83g (13.76%), Sugar: 5.67g (6.3%), Cholesterol: 97.82mg (32.61%), Sodium: 2248.3mg (97.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.69g (51.39%), Vitamin K: 181.1µg (172.48%), Phosphorus: 481.71mg (48.17%), Vitamin E: 6.17mg (41.13%), Vitamin C: 30mg (36.37%), Potassium: 1004.78mg (28.71%), Calcium: 252.97mg (25.3%), Copper: 0.47mg (23.52%), Magnesium: 91.55mg (22.89%), Vitamin A: 1060.91IU (21.22%), Zinc: 3.14mg (20.91%), Iron: 3.26mg (18.1%), Fiber: 3.49g (13.97%), Manganese: 0.27mg (13.58%), Folate: 46.13µg (11.53%), Vitamin B6: 0.21mg (10.3%), Vitamin B2: 0.17mg (10.29%), Vitamin B1: 0.15mg (9.89%), Selenium: 6.32µg (9.03%), Vitamin B5: 0.76mg (7.64%), Vitamin B12: 0.38µg (6.37%), Vitamin B3: 1.09mg (5.44%), Vitamin D: 0.24µg (1.59%)