



 **60%**
HEALTH SCORE

Mojo Cuban Sandwich

 Very Healthy

READY IN



120 min.

SERVINGS



4

CALORIES



1148 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 pounds boston butt pork shoulder boneless
- 4 loaves cuban bread
- 2 tablespoons canola oil
- 2 teaspoons cumin
- 12 ounces deli ham shaved
- 0.3 cup dijon mustard
- 2 tablespoons cilantro leaves fresh finely chopped

- 2 tablespoons garlic finely minced
- 4 servings kosher salt and pepper black freshly ground
- 0.5 cup juice of lime fresh
- 1 lime zest
- 4 cups chicken stock see low-sodium
- 1 cup olive oil
- 4 tablespoons olive oil
- 1.5 cups orange juice fresh
- 1 orange zest
- 3 tablespoons oregano fresh finely chopped
- 4 toppings: such as pickles thinly sliced (20 slices)
- 1 medium onion sweet chopped
- 8 slices swiss cheese

Equipment

- frying pan
- whisk
- mixing bowl
- ziploc bags
- skewers
- cutting board
- serrated knife
- pressure cooker

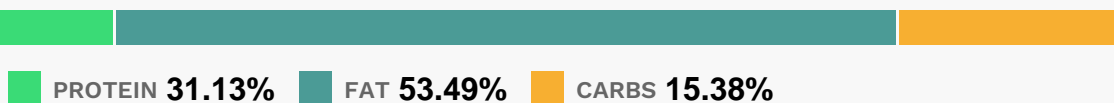
Directions

- Watch how to make this recipe.
- Special equipment: Bamboo skewers
- For the mojo marinade: Trim the pork shoulder, removing any excess fat, and tie. Make the mojo marinade by combining the citrus juices and zest, oregano, cilantro, 1 1/2 tablespoons of

the garlic and the cumin in a large mixing bowl.

- Whisk in the olive oil.
- Place the tied roast into a resealable plastic bag and pour in the marinade.
- Sprinkle with salt and pepper. Allow to marinate for 30 to 40 minutes at room temperature. Once marinated, remove from the bag and wipe away any excess liquid. Reserve the marinade.
- For the pork roast: Preheat a 6-quart pressure cooker over medium-high heat.
- Add the canola oil to the pressure cooker pot and turn to high heat. Sear the roast on all sides. Then add the chicken stock, bay leaves, onions and the reserved marinade. Replace the lid and reduce the heat to low. Cook until the roast is tender, 30 to 45 minutes.
- Remove the roast, transfer to a cutting board and rest for 5 to 7 minutes. Slice thinly.
- For the Cuban sandwiches: Using a serrated knife, halve the Cuban loaves. Begin building the sandwiches. First, spread a thin layer of Dijon mustard onto the bread.
- Add 5 pickle slices, about 3 ounces of ham and a few slices of roasted pork. Top with 2 slices of the cheese. Finish with the top half of the Cuban loaf. Repeat with the remaining sandwiches.
- Heat a flat-top griddle pan to medium heat with the olive oil.
- Place the sandwiches on to the griddle pan and place a weighted cast-iron pan on top to press. Press the sandwiches until the bread is toasted and the cheese is melted, 2 to 3 minutes.
- Remove and cut in half. Secure with bamboo skewers and serve immediately.

Nutrition Facts



Properties

Glycemic Index:76.42, Glycemic Load:13.14, Inflammation Score:-10, Nutrition Score:55.220869758855%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Hesperetin: 21.03mg, Hesperetin: 21.03mg, Hesperetin: 21.03mg, Hesperetin: 21.03mg, Naringenin: 2.67mg, Naringenin: 2.67mg, Naringenin: 2.67mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg

0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg

Nutrients (% of daily need)

Calories: 1148.3kcal (57.41%), Fat: 68.7g (105.7%), Saturated Fat: 18.48g (115.48%), Carbohydrates: 44.45g (14.82%), Net Carbohydrates: 38.12g (13.86%), Sugar: 16.02g (17.8%), Cholesterol: 220.43mg (73.48%), Sodium: 2164.08mg (94.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 89.95g (179.89%), Vitamin B3: 31.41mg (157.07%), Vitamin B1: 2.32mg (154.5%), Selenium: 104.6µg (149.43%), Vitamin B6: 2.34mg (116.94%), Phosphorus: 1099.26mg (109.93%), Vitamin B2: 1.62mg (95.35%), Vitamin C: 71.49mg (86.66%), Vitamin B12: 3.78µg (63%), Zinc: 9.02mg (60.11%), Vitamin K: 57.84µg (55.09%), Potassium: 1898.4mg (54.24%), Calcium: 536.09mg (53.61%), Manganese: 0.88mg (44.2%), Vitamin E: 6.58mg (43.89%), Iron: 7.62mg (42.35%), Magnesium: 151.53mg (37.88%), Vitamin B5: 3.49mg (34.93%), Copper: 0.61mg (30.42%), Fiber: 6.33g (25.31%), Folate: 97.6µg (24.4%), Vitamin A: 733.35IU (14.67%), Vitamin D: 0.6µg (3.97%)