



## Monte Cubano

READY IN



15 min.

SERVINGS



1

CALORIES



776 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 slices bread firm
- ☐ 1 large eggs
- ☐ 0.5 garlic clove
- ☐ 2 slices ham boiled
- ☐ 0.5 tablespoon mayonnaise
- ☐ 1 teaspoons mustard
- ☐ 3 slices swiss cheese thin
- ☐ 2 slices turkey smoked
- ☐ 1 tablespoon butter unsalted

☐ 2 tablespoons milk whole

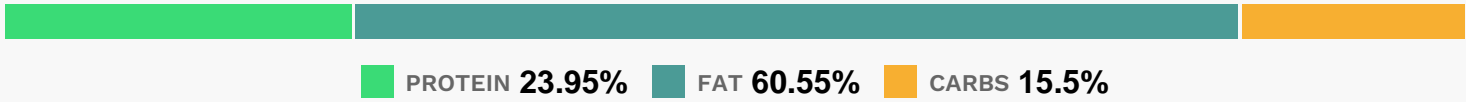
Equipment

☐ frying pan

Directions

- ☐ Spread 1 slice of bread with mustard and top with pickles, meats, and cheese. Mince and mash garlic to a paste with a pinch of salt, then mix with mayonnaise.
- ☐ Spread on remaining slice of bread and assemble sandwich.
- ☐ Beat together egg, milk, and 1/8 teaspoon each of salt and pepper, then soak sandwich in egg mixture.
- ☐ Melt butter in a heavy medium skillet over medium-low heat. Cook sandwich, uncovered, until underside is well browned, about 4 minutes. Flip and cook remaining side, covered, until well browned, 3 to 4 minutes.
- ☐ Remove from heat and let stand, covered, 1 minute.

Nutrition Facts



Properties

Glycemic Index:235.67, Glycemic Load:15.2, Inflammation Score:-7, Nutrition Score:29.863478308139%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 775.76kcal (38.79%), Fat: 51.94g (79.91%), Saturated Fat: 23.61g (147.59%), Carbohydrates: 29.91g (9.97%), Net Carbohydrates: 27.42g (9.97%), Sugar: 4.99g (5.54%), Cholesterol: 326.77mg (108.92%), Sodium: 1241.79mg (53.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.23g (92.45%), Selenium: 68.83µg (98.33%), Phosphorus: 682.51mg (68.25%), Calcium: 605.86mg (60.59%), Vitamin B12: 2.91µg (48.5%), Vitamin B2: 0.76mg (44.52%), Vitamin B1: 0.64mg (42.51%), Vitamin B3: 8.1mg (40.51%), Manganese: 0.74mg (37.19%), Zinc: 5.49mg (36.63%), Vitamin B6: 0.62mg (30.99%), Vitamin A: 1118.21IU (22.36%), Iron: 3.83mg (21.28%), Vitamin B5: 2.11mg (21.11%), Folate: 80.67µg (20.17%), Magnesium: 70.79mg (17.7%), Vitamin K: 16.19µg (15.42%), Potassium: 475.99mg (13.6%), Vitamin D: 2.04µg (13.58%), Vitamin E: 1.75mg (11.7%), Copper: 0.22mg (11.24%), Fiber: 2.49g

(9.95%)