



Nuevo Cubano

READY IN



14 min.

SERVINGS



4

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans rinsed drained canned
- 0.3 teaspoon chili powder
- 4 ounces deli honey ham thinly sliced reduced-sodium
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic clove minced
- 1.5 tablespoons juice of lime fresh
- 1 large tomatoes peeled thinly sliced
- 2 tablespoons olive oil divided
- 3 ounces provolone cheese thinly sliced

12 ounce portugese rolls whole-wheat cut in half lengthwise

Equipment

food processor

frying pan

Directions

Hollow out top and bottom halves of bread, leaving a 1/2-inch-thick shell; reserve torn bread for another use.

Combine cilantro, lime juice, chili powder, garlic, and black beans in a food processor; process until almost smooth and spreadable, adding a few drops of water, if necessary.

Spread bean mixture evenly on bottom halves of the prepared rolls.

Layer rolls evenly with ham, mango or tomatoes, and provolone cheese; replace top halves of rolls.

Heat 1 tablespoon olive oil in a large skillet over medium heat for 5 minutes.

Add 2 sandwiches to pan; place a cast-iron or other heavy skillet on top of sandwiches; press gently. Cook 2 to 3 minutes on each side or until sandwiches are golden brown (leave cast-iron skillet on sandwiches while they cook).

Remove sandwiches from pan; repeat procedure with remaining 1 tablespoon oil and 2 sandwiches.

Nutrition Facts



PROTEIN 19.7% **FAT 32.84%** **CARBS 47.46%**

Properties

Glycemic Index:57.5, Glycemic Load:33.02, Inflammation Score:-7, Nutrition Score:20.482174054436%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg

Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 565.66kcal (28.28%), Fat: 20.75g (31.92%), Saturated Fat: 6.46g (40.39%), Carbohydrates: 67.45g (22.48%), Net Carbohydrates: 56.26g (20.46%), Sugar: 6.63g (7.37%), Cholesterol: 32.25mg (10.75%), Sodium: 847.84mg (36.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28g (56%), Iron: 15.58mg (86.55%), Fiber: 11.2g (44.79%), Folate: 169.47µg (42.37%), Phosphorus: 329.82mg (32.98%), Vitamin B1: 0.46mg (30.4%), Manganese: 0.56mg (28.12%), Magnesium: 92.03mg (23.01%), Calcium: 208.29mg (20.83%), Zinc: 2.64mg (17.63%), Potassium: 615.97mg (17.6%), Selenium: 11.05µg (15.78%), Copper: 0.29mg (14.38%), Vitamin A: 679.99IU (13.6%), Vitamin B6: 0.26mg (12.89%), Vitamin B2: 0.21mg (12.21%), Vitamin K: 11.57µg (11.02%), Vitamin B3: 2.15mg (10.75%), Vitamin C: 8.66mg (10.5%), Vitamin E: 1.49mg (9.94%), Vitamin B12: 0.49µg (8.2%), Vitamin B5: 0.55mg (5.51%), Vitamin D: 0.3µg (2.03%)