



Peachy Cuban Panini

READY IN



30 min.

SERVINGS



4

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces forest smoked black thinly sliced
- 12 ounce top french
- 32 slices dill pickle chips
- 0.3 cup smucker's® peach preserves
- 8 ounces deli roast pork thinly sliced
- 8 slices jarlsberg swiss cheese cut in half
- 4 servings mustard yellow prepared

Equipment

panini press

Directions

- Slice bread horizontally; lay open.
- Spread top with preserves.
- Spread mustard over bottom. Arrange a layer of cheese and pickles over both sides of bread. On bottom of bread, layer pork and ham slices. Bring the bread together.
- Cut crosswise into 4 sandwiches.
- Heat panini maker or sandwich press on medium heat. Spray bread with no-stick cooking spray. Cook sandwich until the cheese is melted and the meat is warmed through. Slice each sandwich in half diagonally and serve.

Nutrition Facts

 **PROTEIN 29.75%**  **FAT 28.15%**  **CARBS 42.1%**

Properties

Glycemic Index:34.88, Glycemic Load:34.17, Inflammation Score:-6, Nutrition Score:23.353478224381%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 547.65kcal (27.38%), Fat: 17.18g (26.44%), Saturated Fat: 8.06g (50.37%), Carbohydrates: 57.81g (19.27%), Net Carbohydrates: 55.58g (20.21%), Sugar: 12.72g (14.13%), Cholesterol: 94.56mg (31.52%), Sodium: 1418.53mg (61.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.86g (81.72%), Selenium: 52.36µg (74.8%), Vitamin B1: 0.87mg (58.13%), Phosphorus: 551.41mg (55.14%), Vitamin B3: 7.42mg (37.1%), Calcium: 366.74mg (36.67%), Vitamin B2: 0.58mg (34.38%), Zinc: 4.47mg (29.8%), Vitamin B6: 0.55mg (27.65%), Folate: 108.86µg (27.21%), Iron: 4.61mg (25.6%), Manganese: 0.48mg (24.19%), Vitamin B12: 1.32µg (21.93%), Magnesium: 74.5mg (18.63%), Copper: 0.34mg (16.99%), Potassium: 519.3mg (14.84%), Fiber: 2.23g (8.9%), Vitamin B5: 0.88mg (8.75%), Vitamin A: 340.81IU (6.82%), Vitamin E: 0.51mg (3.39%), Vitamin K: 2.49µg (2.37%), Vitamin C: 1.92mg (2.33%), Vitamin D: 0.23µg (1.51%)