



Pressed Cuban Sandwiches

READY IN



22 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz cuban bread loaf cut in half crosswise
- ☐ 2 tablespoons butter softened
- ☐ 0.3 cup dill pickle chips
- ☐ 0.3 pound baked ham thinly sliced
- ☐ 0.3 pound baked pork loin roast thinly sliced (8 to 10 slices)
- ☐ 0.3 pound provolone cheese thinly sliced
- ☐ 6 Tbsp mustard yellow

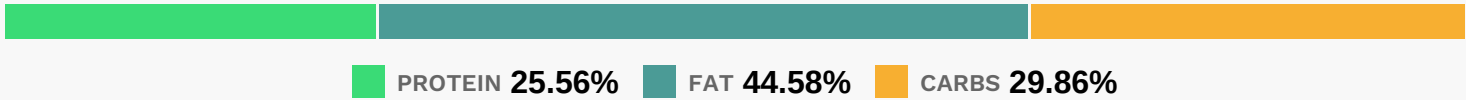
Equipment

☐ frying pan

Directions

- ☐ Cut bread halves lengthwise, cutting to but not through opposite side.
- ☐ Spread mustard on cut sides of bread.
- ☐ Layer with
- ☐ Baked Pork Loin Roast and next 3 ingredients. Close sandwiches, and spread outsides with butter.
- ☐ Place 1 sandwich in a hot, large skillet over medium heat.
- ☐ Place a heavy skillet on top of sandwich. Cook 2 to 3 minutes on each side or until cheese is melted and sandwich is flat. Repeat with remaining sandwich.
- ☐ Cut each sandwich in half, and serve immediately.
- ☐ *1/3 lb. thinly sliced Slow-Cooker Pork Butt Roast may be substituted.

Nutrition Facts



Properties

Glycemic Index:41.92, Glycemic Load:22, Inflammation Score:-6, Nutrition Score:24.796086790769%

Nutrients (% of daily need)

Calories: 572.44kcal (28.62%), Fat: 28.26g (43.47%), Saturated Fat: 13.45g (84.06%), Carbohydrates: 42.58g (14.19%), Net Carbohydrates: 38.12g (13.86%), Sugar: 5.52g (6.14%), Cholesterol: 88.38mg (29.46%), Sodium: 1509.01mg (65.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.45g (72.9%), Selenium: 56.75µg (81.07%), Manganese: 1.12mg (56.18%), Vitamin B1: 0.8mg (53.23%), Phosphorus: 490.55mg (49.05%), Vitamin B3: 8.81mg (44.05%), Calcium: 417.29mg (41.73%), Vitamin B2: 0.51mg (30.13%), Vitamin B6: 0.57mg (28.49%), Zinc: 3.82mg (25.49%), Iron: 4.17mg (23.17%), Folate: 79.71µg (19.93%), Magnesium: 74.03mg (18.51%), Fiber: 4.46g (17.84%), Vitamin B12: 1µg (16.64%), Vitamin B5: 1.41mg (14.11%), Potassium: 467mg (13.34%), Vitamin A: 541.6IU (10.83%), Copper: 0.21mg (10.4%), Vitamin K: 7.33µg (6.98%), Vitamin E: 0.69mg (4.57%), Vitamin D: 0.6µg (4.03%)