



Pressed Cubano with Bacon

READY IN



45 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 bacon cooked halved
- 2 ounces deli roasted turkey breast thinly sliced
- 12 slices dill pickle
- 1 teaspoon olive oil extravirgin
- 2 teaspoons cilantro leaves fresh minced
- 1 garlic clove minced
- 6 ounces 3%-less-sodium ham thinly sliced
- 12 ounce hawaiian rolls sliced in half horizontally
- 0.5 ounce swiss cheese divided reduced-fat

2 tablespoons mustard yellow

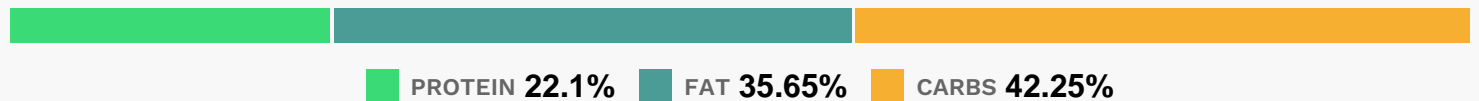
Equipment

frying pan

Directions

- Combine oil and garlic.
- Spread cut sides of rolls evenly with mustard.
- Place 1 cheese slice, 2 bacon halves, 3 pickle slices, and 1/2 teaspoon cilantro on bottom half of each roll. Divide ham and turkey evenly among bottom halves of rolls; top each serving with 1 cheese slice and top half of roll.
- Brush garlic oil evenly over outside of rolls.
- Heat a large nonstick skillet over medium heat.
- Add 2 sandwiches to pan.
- Place a cast-iron or heavy skillet on top of sandwiches, and press gently to flatten. Cook 3 minutes on each side or until cheese melts and bread is toasted (leave cast-iron skillet on sandwiches while they cook). Repeat with remaining sandwiches.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:6.656956570304%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 444.38kcal (22.22%), Fat: 17.5g (26.93%), Saturated Fat: 6.81g (42.57%), Carbohydrates: 46.68g (15.56%), Net Carbohydrates: 46.31g (16.84%), Sugar: 12.46g (13.84%), Cholesterol: 69.83mg (23.28%), Sodium: 1177.23mg (51.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.41g (48.83%), Selenium: 16.82µg (24.02%), Vitamin B1: 0.32mg (21.21%), Phosphorus: 186.12mg (18.61%), Vitamin B3: 2.79mg (13.96%), Vitamin B6: 0.22mg (11.14%), Zinc: 1.55mg (10.34%), Vitamin B2: 0.13mg (7.82%), Vitamin B12: 0.42µg (6.98%), Potassium: 212.42mg (6.07%),

Magnesium: 19.67mg (4.92%), Calcium: 47.22mg (4.72%), Copper: 0.09mg (4.44%), Iron: 0.75mg (4.19%), Vitamin B5: 0.31mg (3.12%), Manganese: 0.05mg (2.66%), Vitamin E: 0.36mg (2.43%), Vitamin D: 0.33µg (2.22%), Fiber: 0.37g (1.48%), Vitamin K: 1.4µg (1.34%)