



Puerto Sagua Cuban Sandwich

READY IN



16 min.

SERVINGS



1

CALORIES



862 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices dill pickle
- ☐ 2 ounces roast pressed
- ☐ 3 ounces ham
- ☐ 1 hoagie roll soft
- ☐ 2 ounces swiss cheese
- ☐ 1 tablespoon butter unsalted softened plus more for the pan
- ☐ 1 tablespoon mustard yellow

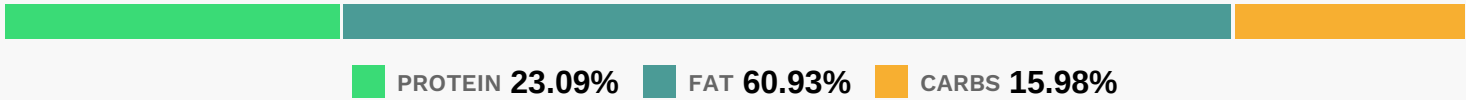
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Place a large skillet over medium heat.
- ☐ Add a small amount of butter.
- ☐ Slice the baguette in half lengthwise.
- ☐ Spread 1 tablespoon butter evenly on one half of the bread and the mustard on the other.
- ☐ Layer the ham, roast pork, cheese and pickles on the bottom half; close with the top.
- ☐ Place the sandwich in the skillet and press down with your hands, a spatula or another skillet; cook for about 30 seconds, flip and cook on the other side until golden and the cheese is melted. Slice in half.
- ☐ Photograph by Jim Franco

Nutrition Facts



Properties

Glycemic Index:132, Glycemic Load:23.23, Inflammation Score:-6, Nutrition Score:25.807825922966%

Nutrients (% of daily need)

Calories: 861.74kcal (43.09%), Fat: 57.93g (89.12%), Saturated Fat: 27.1g (169.37%), Carbohydrates: 34.2g (11.4%), Net Carbohydrates: 32.46g (11.8%), Sugar: 4.59g (5.1%), Cholesterol: 176.38mg (58.79%), Sodium: 1629.47mg (70.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.39g (98.78%), Selenium: 55.56µg (79.37%), Iron: 12.21mg (67.84%), Vitamin B1: 0.96mg (64.19%), Phosphorus: 626.72mg (62.67%), Calcium: 539.33mg (53.93%), Vitamin B12: 2.68µg (44.62%), Zinc: 5.81mg (38.73%), Vitamin B3: 6.38mg (31.9%), Vitamin B2: 0.51mg (29.96%), Vitamin B6: 0.59mg (29.59%), Vitamin A: 840.57IU (16.81%), Potassium: 475.44mg (13.58%), Magnesium: 53.33mg (13.33%), Vitamin B5: 1.07mg (10.73%), Fiber: 1.74g (6.96%), Vitamin E: 1.03mg (6.85%), Copper: 0.14mg (6.84%), Vitamin D: 0.81µg (5.37%), Manganese: 0.08mg (4.25%), Folate: 12.2µg (3.05%), Vitamin K: 2.5µg (2.38%)