



Roast Turkey Cuban Sandwich

 Popular

READY IN



15 min.

SERVINGS



1

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 2 slices dill pickle
- ☐ 1 tablespoon mayonnaise
- ☐ 2 slices roast turkey breast
- ☐ 2 slices ham smoked
- ☐ 1 bun sliced in half
- ☐ 2 slices swiss cheese
- ☐ 1 tablespoon cranberry sauce

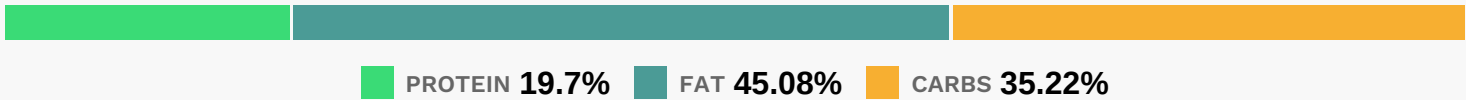
Equipment

☐ grill

Directions

☐ Assemble the sandwich and brush the outside with a bit of oil.Grill the sandwich over medium heat until golden brown on both sides, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:182, Glycemic Load:23.15, Inflammation Score:-6, Nutrition Score:18.709999693477%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 521.18kcal (26.06%), Fat: 26.36g (40.56%), Saturated Fat: 8.63g (53.94%), Carbohydrates: 46.34g (15.45%), Net Carbohydrates: 41.8g (15.2%), Sugar: 13.53g (15.04%), Cholesterol: 62.78mg (20.93%), Sodium: 3705.47mg (161.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.92g (51.84%), Vitamin K: 75.66µg (72.06%), Iron: 12.3mg (68.34%), Calcium: 487.07mg (48.71%), Phosphorus: 388.68mg (38.87%), Zinc: 2.78mg (18.55%), Fiber: 4.55g (18.18%), Selenium: 12.32µg (17.59%), Vitamin B12: 1.04µg (17.39%), Vitamin A: 868.45IU (17.37%), Vitamin B2: 0.29mg (16.99%), Potassium: 531.2mg (15.18%), Magnesium: 53.1mg (13.27%), Copper: 0.25mg (12.38%), Vitamin B1: 0.16mg (10.84%), Manganese: 0.18mg (8.91%), Vitamin C: 6.68mg (8.1%), Vitamin E: 1.19mg (7.95%), Folate: 29.06µg (7.26%), Vitamin B6: 0.14mg (6.79%), Vitamin B5: 0.34mg (3.4%), Vitamin B3: 0.4mg (2.01%)