



HEALTH SCORE

71%

Slow Cooked Cuban Sandwich

 Dairy Free  Very Healthy

READY IN



380 min.

SERVINGS



8

CALORIES



990 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper red crushed
- 2 cups dill pickle chips
- 3 cloves garlic minced
- 2 teaspoons ground cumin
- 1 teaspoon ground pepper black
- 1 pound honey ham thinly sliced
- 2 juice of lime
- 2 juice of orange

- 1 tablespoon kosher salt
- 2 tablespoons olive oil extra-virgin
- 2 teaspoons oregano dried
- 10.5 pound to pork shoulder boneless
- 2 onions red thinly sliced
- 1 sub roll
- 1 pound swiss
- 8 servings mustard yellow

Equipment

- bowl
- knife
- slow cooker

Directions

- Watch how to make this recipe.
- Mix the oil, salt, cumin, oregano, black pepper, red pepper, garlic, lime juice and orange juice in a small bowl. Make slits in the pork with a paring knife and rub liberally all over with the oil mixture.
- Place the pork in a slow cooker and top with the remaining juices from the bowl. Cover and cook on low until tender, flipping once halfway through, about 6 hours.
- Remove from the slow cooker and let cool slightly. Shred the pork into thick chunks with 2 forks. Set the pork aside and keep warm in the cooking liquid.
- Slice the roll open and smear both sides with mustard.
- Layer on the Swiss, ham, pulled pork and pickles.
- Place the onions over half the sub and cut into portions. Or, start on opposing ends and race to the middle.

Nutrition Facts



■ PROTEIN 62.38% ■ FAT 32.16% ■ CARBS 5.46%

Properties

Glycemic Index:36, Glycemic Load:4.79, Inflammation Score:-10, Nutrition Score:58.359565216562%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

Nutrients (% of daily need)

Calories: 989.87kcal (49.49%), Fat: 34.18g (52.58%), Saturated Fat: 10.36g (64.77%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 10.54g (3.83%), Sugar: 4.3g (4.77%), Cholesterol: 392.36mg (130.79%), Sodium: 2371.45mg (103.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 149.18g (298.36%), Vitamin K: 482.59µg (459.61%), Vitamin B3: 60.15mg (300.77%), Vitamin B1: 4.26mg (284.29%), Selenium: 169.07µg (241.53%), Vitamin B6: 4.65mg (232.54%), Vitamin B2: 2.99mg (175.76%), Phosphorus: 1538.98mg (153.9%), Vitamin B12: 5.54µg (92.37%), Zinc: 13.32mg (88.79%), Potassium: 2778.41mg (79.38%), Vitamin A: 3605.84IU (72.12%), Vitamin B5: 6.32mg (63.23%), Magnesium: 225.39mg (56.35%), Iron: 9mg (49.98%), Vitamin C: 29.97mg (36.32%), Copper: 0.65mg (32.44%), Manganese: 0.47mg (23.55%), Vitamin E: 2.48mg (16.53%), Calcium: 123.4mg (12.34%), Fiber: 2.51g (10.06%), Folate: 24.65µg (6.16%), Vitamin D: 0.4µg (2.65%)