



Southern-Style Cuban Sandwiches

READY IN



25 min.

SERVINGS



6

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

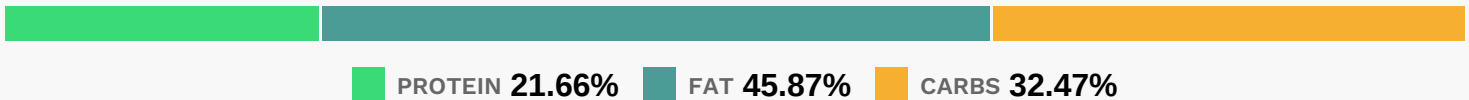
- ☐ 12 oz bread french
- ☐ 6 servings chipotle sauce
- ☐ 1 pound fatty pork sliced
- ☐ 4 oz provolone cheese
- ☐ 1 cup pickle

Equipment

Directions

- ☐ Cut French bread loaf in half horizontally; scoop out soft bread from center of each half, leaving a 1/2-inch-thick shell to make filling the sandwich easier. (Reserve soft bread for another use.)
- ☐ Spread inside of bread shells with Chipotle Rmoulade.
- ☐ Layer bottom shell with barbecued pork, provolone cheese slices, and sweet-hot pickles. Top with remaining bread shell.
- ☐ Cut into sandwiches.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:22.79, Inflammation Score:-5, Nutrition Score:17.092173990996%

Nutrients (% of daily need)

Calories: 445.88kcal (22.29%), Fat: 22.57g (34.72%), Saturated Fat: 9.51g (59.45%), Carbohydrates: 35.94g (11.98%), Net Carbohydrates: 34.15g (12.42%), Sugar: 7.81g (8.67%), Cholesterol: 67.47mg (22.49%), Sodium: 638.46mg (27.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.97g (47.94%), Vitamin B1: 0.97mg (64.39%), Selenium: 37.55µg (53.65%), Vitamin B3: 6.07mg (30.36%), Phosphorus: 290.16mg (29.02%), Vitamin B2: 0.49mg (28.71%), Calcium: 198.5mg (19.85%), Zinc: 2.89mg (19.29%), Folate: 75.66µg (18.92%), Vitamin B6: 0.37mg (18.51%), Iron: 3.04mg (16.91%), Manganese: 0.32mg (16.16%), Vitamin B12: 0.81µg (13.42%), Vitamin K: 12.82µg (12.21%), Magnesium: 39.58mg (9.9%), Potassium: 334.89mg (9.57%), Vitamin B5: 0.8mg (7.97%), Vitamin A: 366.43IU (7.33%), Fiber: 1.79g (7.15%), Copper: 0.13mg (6.61%), Vitamin E: 0.25mg (1.7%)