



## Spanish

READY IN



25 min.

SERVINGS



4

CALORIES



1471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups baby arugula
- 0.3 teaspoon pepper black freshly ground
- 0.3 cup dijon mustard
- 2 teaspoons thyme leaves fresh chopped
- 4 cloves garlic chopped
- 1 teaspoon kosher salt
- 8 ounces manchego cheese thinly sliced
- 0.5 cup mayonnaise
- 1 teaspoon paprika spanish

- 4 piquillo peppers dry chopped
- 4 cups pulled spice rubbed pork butt spanish
- 8 ounces serrano ham thinly sliced
- 4 cuban rolls halved
- 2 sticks butter unsalted softened

## Equipment

- food processor
- bowl
- frying pan
- grill
- aluminum foil

## Directions

- Special equipment: Plancha (flat top grill), bricks wrapped in foil
- Prepare a grill for direct and indirect grilling over medium heat.
- Heat the plancha, or a cast-iron griddle, over the direct heat.
- Spread the mayonnaise on the bottom of the rolls. Top with half the Manchego and ham. Then, top with the Spanish Spice Rubbed Pork Butt and arugula. Top with the remaining half the Manchego and ham.
- Spread the mustard on the top half of the rolls.
- Place the tops on the sandwich and brush with the Piquillo Pepper Butter.
- Place the sandwiches butter-side down on the griddle.
- Place the bricks on top of the sandwiches and cook until the bread is crisp and golden brown, about 5 minutes. Watch carefully: if the bread browns too quickly, move the plancha to indirect heat and cover the grill to melt the Manchego. Flip the sandwiches over and place the bricks back on top. Continue cooking until the bottom of the sandwiches are crisp and the Manchego is melted, about 3 minutes.
- Blend the butter, piquillo peppers, garlic, thyme, paprika, salt and pepper in a food processor until smooth. Scrape the butter into a bowl, cover and refrigerate for at least 1 hour and up to 24 hours before using. Soften the butter slightly before using.

# Nutrition Facts

PROTEIN 22.88% FAT 67.09% CARBS 10.03%

## Properties

Glycemic Index:81.5, Glycemic Load:23.51, Inflammation Score:-9, Nutrition Score:41.120869470679%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 1471.22kcal (73.56%), Fat: 109.43g (168.35%), Saturated Fat: 52.28g (326.74%), Carbohydrates: 36.79g (12.26%), Net Carbohydrates: 34.64g (12.6%), Sugar: 5.53g (6.15%), Cholesterol: 366.25mg (122.08%), Sodium: 2898.98mg (126.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83.97g (167.93%), Selenium: 73.68µg (105.26%), Vitamin B1: 1.37mg (91.13%), Iron: 15.24mg (84.67%), Calcium: 698.28mg (69.83%), Vitamin B6: 1.3mg (64.96%), Vitamin K: 61.04µg (58.14%), Vitamin B2: 0.96mg (56.54%), Zinc: 8.25mg (54.99%), Vitamin B3: 10.57mg (52.87%), Phosphorus: 525.52mg (52.55%), Vitamin A: 2277.37IU (45.55%), Vitamin B5: 3.94mg (39.36%), Vitamin B12: 2.28µg (38.04%), Potassium: 903.94mg (25.83%), Vitamin C: 17.68mg (21.43%), Vitamin E: 2.92mg (19.45%), Magnesium: 68.36mg (17.09%), Vitamin D: 2.32µg (15.49%), Copper: 0.29mg (14.58%), Manganese: 0.22mg (10.91%), Fiber: 2.15g (8.62%), Folate: 15.01µg (3.75%)