



St Patrick's Day Corned Beef Cuban Grilled Cheese Sandwich

 Dairy Free  Popular

READY IN



15 min.

SERVINGS



1

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 slices corned beef ribs cooked
- ☐ 1 tablespoon mustard
- ☐ 2 slices pickle
- ☐ 2 slices roast pork or)
- ☐ 1 bun
- ☐ 2 slices swiss

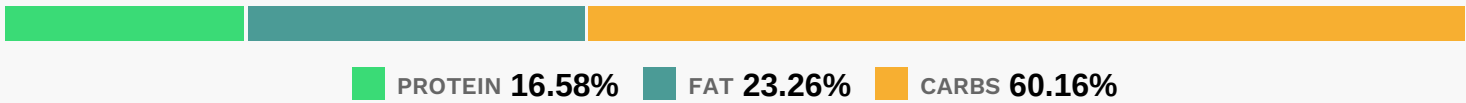
Equipment

☐ grill

Directions

☐ Butter one side of each slice of bread, spread mustard on the other sides, sprinkle half of the cheese onto the unbuttered side of one slice of bread followed by the roast pork, corned beef, pickle, the remaining cheese and finally top with the remaining slice of bread with the buttered side up.Grill over medium heat until golden brown and the cheese has melted, about 2–3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:122.67, Glycemic Load:7.21, Inflammation Score:-6, Nutrition Score:13.432608721049%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 131.11kcal (6.56%), Fat: 3.56g (5.47%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 15.8g (5.75%), Sugar: 6.1g (6.78%), Cholesterol: 1.94mg (0.65%), Sodium: 2842.76mg (123.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.41%), Vitamin K: 70.28µg (66.93%), Manganese: 0.55mg (27.49%), Calcium: 214.01mg (21.4%), Fiber: 4.9g (19.59%), Vitamin B1: 0.29mg (19.39%), Selenium: 13.56µg (19.37%), Vitamin B2: 0.26mg (15.42%), Vitamin A: 703.83IU (14.08%), Folate: 50.03µg (12.51%), Potassium: 422.7mg (12.08%), Iron: 2.05mg (11.37%), Magnesium: 42.28mg (10.57%), Phosphorus: 105.18mg (10.52%), Vitamin B3: 2.07mg (10.34%), Vitamin C: 7.8mg (9.46%), Vitamin B6: 0.15mg (7.73%), Copper: 0.14mg (6.95%), Zinc: 0.79mg (5.28%), Vitamin B5: 0.44mg (4.44%), Vitamin E: 0.52mg (3.44%)