



HEALTH SCORE

75%

The Sandwich Cubano



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



2605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 loaf cuban bread 12-inch
- ☐ 1 serving butter melted
- ☐ 2 slices kosher dill pickle very thinly sliced lengthwise
- ☐ 4 slices virginia baked ham
- ☐ 2 tablespoons mayonnaise to taste
- ☐ 4 slices roast pork
- ☐ 3 slices swiss cheese

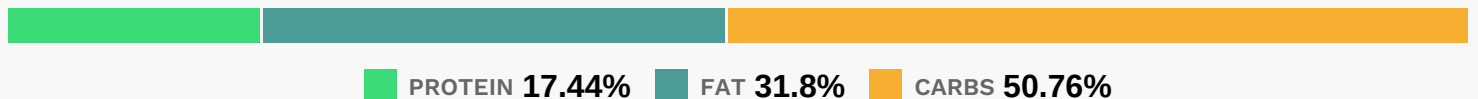
Equipment

- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan
- ☐ griddle

Directions

- ☐ Watch how to make this recipe.
- ☐ In Cuba it was just called el sandwich it was here in USA that we gave it a country!
- ☐ The plancha has to be set to 350 F
- ☐ Slice the bread in half lengthwise, spread the mayo on the bottom bread then place the roast pork then the baked sweet ham then the pickle then the cheese. this way the cheese will melt down and blend with the hams.
- ☐ Next put the sandwich on la plancha and spread a little melted butter on top of the bread and press down the top part of the plancha. in about 3 minutes raise the top part of the plancha spin your sandwich to the other side and repeat the butter process again
- ☐ Your bread should be toasted and the cheese melted. this should be done in about 10-to 15 minutes depending on the plancha
- ☐ Any good ham dish starts with the night before. marinating gives all foods that extra punch of flavour. We accomplish this with sour oranges limes alot of minced garlic, ground cumin dried oregano. This mixture gets spread all over the fresh ham and massage into the meat .Put it the fridge covered with plastic wrap. the next day when u are ready Preheat the oven to 350f place the pork in a roasting pan cover fresh ham in salt skin up, this will keep the ham from drying out, cook for about 4 to 5 hours or until your ham reaches an internal temp of 180f. Remember to take off the salt that by now has become hard. Skin should be toasted and crispy.
- ☐ Allow the meat to rest and carve when you can't wait any longer!

Nutrition Facts



Properties

Glycemic Index:185.67, Glycemic Load:173.82, Inflammation Score:-10, Nutrition Score:69.950434643289%

Nutrients (% of daily need)

Calories: 2604.52kcal (130.23%), Fat: 91.89g (141.37%), Saturated Fat: 26.86g (167.88%), Carbohydrates: 330.07g (110.02%), Net Carbohydrates: 299.77g (109.01%), Sugar: 43.09g (47.88%), Cholesterol: 141.9mg (47.3%), Sodium: 7356.9mg (319.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 113.38g (226.77%), Manganese: 8.27mg (413.59%), Selenium: 238.42µg (340.6%), Vitamin B1: 3.64mg (242.67%), Vitamin B3: 43.61mg (218.04%), Folate: 612.3µg (153.08%), Calcium: 1482.78mg (148.28%), Phosphorus: 1475.3mg (147.53%), Iron: 26.32mg (146.19%), Vitamin B2: 2.31mg (135.7%), Vitamin K: 132.1µg (125.81%), Fiber: 30.3g (121.2%), Magnesium: 340.03mg (85.01%), Zinc: 12.36mg (82.39%), Vitamin B6: 1.35mg (67.7%), Vitamin B5: 6.55mg (65.45%), Copper: 1.21mg (60.58%), Potassium: 1684.29mg (48.12%), Vitamin B12: 2.32µg (38.66%), Vitamin A: 1147.35IU (22.95%), Vitamin E: 3.41mg (22.75%), Vitamin C: 7.87mg (9.54%), Vitamin D: 0.86µg (5.71%)