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Cuban Pork Panini ♦

The Cuban Pork Panini is a delicious sandwich that originated in Cuba. It is made with marinated roasted pork, ham, Swiss cheese, pickles, and mustard. The sandwich is then pressed and grilled until the cheese is melted and the bread is crispy. It is typically served with plantain chips or fries. The Cuban Pork Panini is a popular dish in Cuban cuisine and is enjoyed by meat lovers.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 10 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Pork Shoulder
200 g	Ham
200 g	Swiss cheese
100 g	Pickles

50 g	mustard
400 g	bread

Directions

Step 1

Marinating

Marinate the pork shoulder with spices and let it sit for at least 2 hours.

Prep Time: 10 mins

Cook Time: 120 mins

Step 2

Roasting

Roast the marinated pork shoulder in the oven at 350°F for 2 hours or until tender.

Prep Time: 5 mins

Cook Time: 120 mins

Step 3

Cutting

Slice the roasted pork shoulder into thin slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Assembling

Assemble the sandwich by layering the ham, Swiss cheese, pickles, and mustard on the bread.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Grilling

Press the sandwich in a panini press or grill until the cheese is melted and the bread is crispy.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Cutting

Cut the sandwich into halves or quarters and serve with plantain chips or fries.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 g

Protein: 35 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	90 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	25 mg	2.5%	2.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

Italian Mexican Mediterranean American Middle Eastern

Preparation Time

More than 1 Hour

Nutritional Content

Low Calorie High Protein Low Fat

Kitchen Tools

Microwave Slow Cooker

Course

Appetizers Main Dishes Drinks Salads Sauces & Dressings

Cultural

Chinese New Year Diwali Thanksgiving Halloween

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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