

Bob Griese's Cuban Sandwich

*Bob Griese
Palm Beach Post*

*1 sweet onion, finely chopped
green relish
1 loaf Cuban bread
yellow mustard
mayonnaise
spiced pork, sliced
ham, sliced
Swiss cheese, thinly sliced
butter*

In a bowl, mix the onion with equal amounts of green relish. Set aside.

Slice the bread lengthwise and remove the soft (doughy) part inside, leaving a trough.

Slather one side of the bread with mustard and the other with mayonnaise.

Layer the spiced pork and any good ham until the sandwich is fairly thick, about 1/2-inch.

Sprinkle the onion and relish mixture the length of the bread. Cover with Swiss cheese.

Make sure that all of the amounts are to your liking.

Cut the sandwich in half. Butter or spray lightly with vegetable oil and place in a panini press or a hot, shallow frying pan.

Cut the sandwich in two-inch diagonal pieces and serve.

Per Serving (excluding unknown items): 42 Calories; trace Fat (3.4% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 1/2 Vegetable.

Sandwiches

Per Serving Nutritional Analysis

% Calories from Fat: 3.4%
 % Calories from Carbohydrates: 85.2%
 % Calories from Protein: 11.4%
 Total Fat (g): trace
 Saturated Fat (g): trace
 Monounsaturated Fat (g): trace
 Polyunsaturated Fat (g): trace
 Cholesterol (mg): 0mg
 Carbohydrate (g): 9g
 Dietary Fiber (g): 2g
 Protein (g): 1g
 Sodium (mg): 3mg
 Potassium (mg): 173mg
 Calcium (mg): 22mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 7mg
 Vitamin A (i.u.): 0IU
 Vitamin A (r.e.): 0RE

Vitamin B12 (mcg): 0mcg
 Thiamin B1 (mg): trace
 Riboflavin B2 (mg): trace
 Folacin (mcg): 21mcg
 Niacin (mg): trace
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 1 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 42 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	9g	3%
Dietary Fiber	2g	8%
Protein	1g	
Vitamin A		0%
Vitamin C		12%
Calcium		2%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.