

# Sliders, Cuban

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## Yield: 24 sliders

2 packages (12 ounce ea) Hawaiian  
sweet rolls

1 1/4 pounds deli ham, thinly sliced

9 slices (6 ounces) Swiss cheese

24 dill pickle slices

### TOPPING

1/2 cup butter, cubed

2 tablespoons onion, finely chopped

2 tablespoons Dijon mustard

Preheat the oven to 350 degrees.

Without separating the rolls, cut each package of rolls in half horizontally. Arrange the bottom halves in a greased 13x9-inch baking pan.

Layer with ham, cheese and pickles. Replace the top halves of the rolls.

In a microwave, melt the butter. Stir in the onion and mustard. Drizzle over the rolls.

Bake, covered, for 10 minutes. Uncover. Bake until golden brown and heated through, 5 to 10 minutes longer.

Remove from the pan. Cut into sliders.

Start to Finish Time: 30 minutes

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Per Serving (excluding unknown items): 4708 Calories; 374g Fat (71.3% calories from fat); 294g Protein; 45g Carbohydrate; 3g Dietary Fiber; 1184mg Cholesterol; 6120mg Sodium. Exchanges: 36 Lean Meat; 1 1/2 Vegetable; 50 Fat; 0 Other Carbohydrates.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	4708
% Calories from Fat:	71.3%
% Calories from Carbohydrates:	3.8%
% Calories from Protein:	24.9%
Total Fat (g):	374g
Saturated Fat (g):	239g

Vitamin B6 (mg):	.9mg
Vitamin B12 (mcg):	17.2mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	3.7mg
Folacin (mcg):	76mcg
Niacin (mg):	1mg

**Monounsaturated Fat (g):** 102g  
**Polyunsaturated Fat (g):** 14g  
**Cholesterol (mg):** 1184mg  
**Carbohydrate (g):** 45g  
**Dietary Fiber (g):** 3g  
**Protein (g):** 294g  
**Sodium (mg):** 6120mg  
**Potassium (mg):** 1424mg  
**Calcium (mg):** 9878mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 40mg  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 15559IU  
**Vitamin A (r.e.):** 3797RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0.00%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 36  
**Vegetable:** 1 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 50  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 4708      **Calories from Fat:** 3357

### % Daily Values\*

<b>Total Fat</b>	374g	575%
Saturated Fat	239g	1194%
<b>Cholesterol</b>	1184mg	395%
<b>Sodium</b>	6120mg	255%
<b>Total Carbohydrates</b>	45g	15%
Dietary Fiber	3g	12%
<b>Protein</b>	294g	
<b>Vitamin A</b>		311%
<b>Vitamin C</b>		7%
<b>Calcium</b>		988%
<b>Iron</b>		18%

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