

Meaty and cheesy and with the unbeatable flavor of pickle and mustard, this amazing dish has all the flavors of a Cubano sandwich but without the carbs!

Ingredients:

- 4 cups pulled pork, plain
- 1 cup heavy whipping cream
- 2 cups Swiss cheese divided
- 1 cup diced ham divided
- 1 cup chopped dill pickle divided
- 1/4 cup Dijon mustard
- salt and pepper to taste

For the sauce

- 1/4 cup mayonnaise
- 2 tbsp heavy whipping cream
- 1 tbsp Dijon mustard
- 1` tbsp yellow mustard



Instructions:

1. Combine the pulled pork, cream and mustard in a skillet. Heat over medium heat until heated through and just starting to boil. Turn off the heat.
2. Add about half the cheese, half the ham, and half the pickle. Stir well to combine. Season with salt and pepper if necessary.
3. Put the pulled pork mixture into a casserole dish and top with the remaining cheese, the rest of the ham, and the last of the chopped pickle.
4. Bake at 400-F for about 15 minutes or until hot and bubbly.

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe source <https://www.ketocookingwins.com/keto-cuban-casserole/>

For the sauce:

1. Combine the mayonnaise, cream and mustard in a small bowl and mix well.
2. Add a dollop of the sauce to each serving. Or put the sauce into a small zipper-top bag and seal it. Cut one of the bottom corners of the bag off and squeeze the sauce out of the bag onto the casserole in a zig-zag pattern.

Nutrition:

Serving: 1cup | Calories: 595kcal | Carbohydrates: 5g | Protein: 38g | Fat: 47g | Saturated Fat: 22g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 15g | Trans

Fat: 1g | Cholesterol: 189mg | Sodium: 844mg | Potassium: 418mg | Fiber : 1g | Sugar: 1g | Vitamin A: 1022IU | Vitamin C: 1mg | Calcium: 350mg | Iron: 2mg | Net Carbohydrates: 4g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.