



BBQ Brisket Reuben Sandwiches

READY IN



80 min.

SERVINGS



4

CALORIES



824 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds brisket cooked thinly sliced
- 4 servings butter softened
- 1.5 tablespoons cider vinegar
- 2 pinches a couple ground cloves
- 3 tablespoons brown sugar dark
- 2 tablespoons dill pickle relish prepared
- 2 bay leaves fresh
- 2 tablespoons chives fresh chopped
- 2 large cloves garlic finely chopped

- 1 cup catsup
- 2 tablespoons catsup
- 4 servings lots coarse pepper black
- 4 big deli pickles for serving
- 4 servings radishes salted halved for serving
- 8 slices marble rye bread seeded (caraway and salt buns)
- 4 servings salt and pepper black freshly ground
- 16 ounce sauerkraut prepared rinsed drained
- 0.5 cup cup heavy whipping cream sour
- 1 teaspoon paprika smoked sweet
- 8 slices swiss cheese (recommended: Emmentaller)
- 0.3 cup worcestershire sauce

Equipment

- bowl
- frying pan
- pot
- panini press

Directions

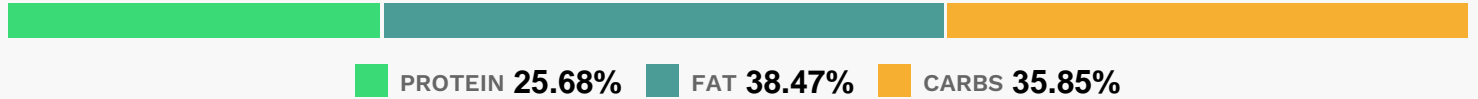
- For the Russian-style dressing: In bowl, mix dressing of sour cream, relish, ketchup, chives, salt, and pepper.
- Combine the ketchup Worcestershire sauce, vinegar, brown sugar, bay leaves, garlic, paprika, ground cloves, and black pepper in a small pot and reduce over low heat, 30 minutes. Cool and store for make-ahead meal with cooked, sliced brisket.
- Warm the sauerkraut in a small pan.
- Heat a sandwich press or a large griddle pan over medium heat.
- Place a slice of Swiss cheese, folded to fit the bread, on 4 slices of bread, lightly buttered on one side and the buttered side facing out. Divide the meat among the sandwiches. Top the meat with some sauerkraut and another slice of cheese. Slather some dressing on the

remaining sliced bread, lightly butter the side facing out.

Press the sammies on a sandwich press until the cheese melts or griddle the sandwiches until deeply golden on each side.

Serve the sandwiches with halved deli pickles and salted radishes.

Nutrition Facts



Properties

Glycemic Index:96.83, Glycemic Load:15.42, Inflammation Score:-9, Nutrition Score:43.037826206373%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 824.17kcal (41.21%), Fat: 35.58g (54.73%), Saturated Fat: 16.63g (103.92%), Carbohydrates: 74.61g (24.87%), Net Carbohydrates: 65.24g (23.72%), Sugar: 32.33g (35.93%), Cholesterol: 164.79mg (54.93%), Sodium: 2844.01mg (123.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.44g (106.88%), Selenium: 61.03µg (87.18%), Vitamin B12: 5.23µg (87.15%), Phosphorus: 722.08mg (72.21%), Zinc: 10.33mg (68.84%), Manganese: 1.25mg (62.72%), Vitamin B6: 1.16mg (57.75%), Vitamin B3: 10.78mg (53.89%), Vitamin B2: 0.89mg (52.34%), Calcium: 518.14mg (51.81%), Iron: 8.73mg (48.49%), Potassium: 1508.53mg (43.1%), Vitamin C: 33.58mg (40.7%), Fiber: 9.37g (37.48%), Vitamin B1: 0.55mg (36.55%), Folate: 143.89µg (35.97%), Vitamin K: 37.51µg (35.72%), Magnesium: 121.13mg (30.28%), Vitamin A: 1423.23IU (28.46%), Copper: 0.55mg (27.44%), Vitamin E: 2.62mg (17.45%), Vitamin B5: 1.43mg (14.34%)