



Focaccia Reubens

READY IN



45 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cider vinegar
- ☐ 0.5 pound corned beef ribs thinly sliced
- ☐ 4 inch by pieces of focaccia split
- ☐ 4 cups cabbage green thinly sliced
- ☐ 4 ounces thick of gruyère cheese
- ☐ 0.3 cup catsup
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon sugar

☐ 2 tablespoons butter unsalted softened

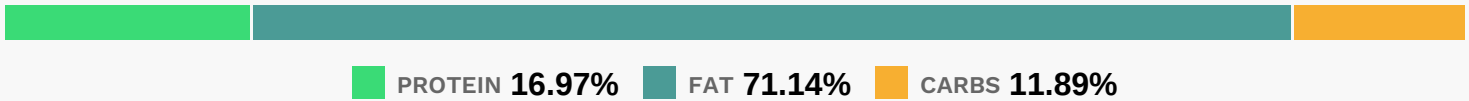
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ panini press

Directions

- ☐ In a large bowl, toss the cabbage with the vinegar, sugar and salt.
- ☐ Let stand at room temperature, tossing occasionally, until softened, about 30 minutes.
- ☐ Heat a panini press or griddle. Arrange the focaccia on a work surface, cut sides up. In a small bowl, combine the ketchup with the mayonnaise.
- ☐ Spread the dressing on the bottom halves of the focaccia. Set a slice of Gruyre on the dressing. Top with the corned beef, pickled cabbage and the remaining slices of Gruyre. Close the sandwiches and spread the outsides of the focaccia with the softened butter.
- ☐ Add the sandwiches to the press and cook over moderate heat until the cheese has melted and the focaccia is crisp and golden, about 6 minutes.
- ☐ Cut each sandwich in half and serve right away.

Nutrition Facts



Properties

Glycemic Index:61.27, Glycemic Load:3.69, Inflammation Score:-6, Nutrition Score:16.509999897169%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 427.65kcal (21.38%), Fat: 33.98g (52.28%), Saturated Fat: 13.3g (83.12%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 10.95g (3.98%), Sugar: 8.69g (9.66%), Cholesterol: 82.73mg (27.58%), Sodium: 1436.56mg

(62.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.24g (36.48%), Vitamin K: 77.73µg (74.02%), Vitamin C: 41.54mg (50.36%), Calcium: 324.08mg (32.41%), Phosphorus: 265.17mg (26.52%), Vitamin B12: 1.49µg (24.86%), Selenium: 15.62µg (22.31%), Zinc: 2.9mg (19.36%), Vitamin B6: 0.3mg (14.96%), Vitamin B2: 0.23mg (13.33%), Vitamin B3: 2.49mg (12.43%), Vitamin A: 598.33IU (11.97%), Potassium: 362.58mg (10.36%), Folate: 38.03µg (9.51%), Manganese: 0.16mg (8.19%), Iron: 1.44mg (7.99%), Fiber: 1.84g (7.36%), Magnesium: 29.16mg (7.29%), Vitamin E: 1.02mg (6.83%), Vitamin B5: 0.67mg (6.7%), Vitamin B1: 0.09mg (5.83%), Copper: 0.1mg (5.12%), Vitamin D: 0.3µg (2.02%)