



Grilled Chicken Reubens

READY IN



12 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups d angel hair coleslaw
- ☐ 2 tablespoons chili sauce (such as Heinz)
- ☐ 2 cups chicken breast shredded cooked
- ☐ 1 teaspoon dill pickle relish
- ☐ 3.5 ounce jarlsberg cheese reduced-fat
- ☐ 2 tablespoons mayonnaise light
- ☐ 1 ounce rye and pumpernickel swirled bread (such as Pepperidge Farms)
- ☐ 2 tablespoons yogurt-based spread divided (such as Brummel and Brown)

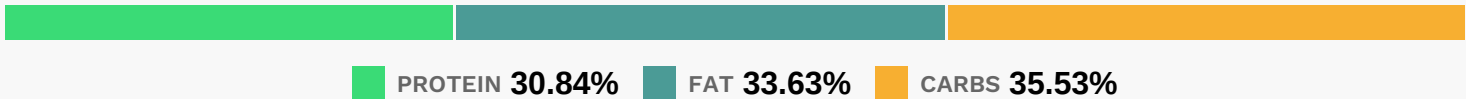
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients in a medium bowl; toss well to coat.
- ☐ Spoon coleslaw evenly onto each of 4 bread slices; top each evenly with chicken and cheese. Top with remaining 4 bread slices.
- ☐ Heat a large nonstick skillet over medium heat. While skillet heats, spread 3/4 teaspoon yogurt spread evenly over 1 side of each sandwich.
- ☐ Place sandwiches in skillet, spread sides down. Cook 2 to 3 minutes or until lightly browned. While sandwiches cook, spread tops of sandwiches evenly with remaining yogurt spread. Turn sandwiches over; cook 1 to 2 minutes or until lightly browned and cheese melts.
- ☐ Cut sandwiches in half before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:12.92, Inflammation Score:-4, Nutrition Score:12.301304301814%

Nutrients (% of daily need)

Calories: 393.74kcal (19.69%), Fat: 14.44g (22.21%), Saturated Fat: 6.3g (39.38%), Carbohydrates: 34.31g (11.44%), Net Carbohydrates: 32.5g (11.82%), Sugar: 2.99g (3.32%), Cholesterol: 72.64mg (24.21%), Sodium: 433.58mg (18.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.78g (59.56%), Selenium: 43.59µg (62.28%), Vitamin B3: 6.56mg (32.79%), Phosphorus: 229.08mg (22.91%), Calcium: 212.64mg (21.26%), Manganese: 0.42mg (20.76%), Vitamin B6: 0.36mg (18.05%), Zinc: 1.75mg (11.68%), Magnesium: 39.89mg (9.97%), Vitamin B2: 0.17mg (9.95%), Vitamin B5: 0.92mg (9.16%), Iron: 1.63mg (9.03%), Copper: 0.17mg (8.72%), Potassium: 302.09mg (8.63%), Vitamin B1: 0.12mg (7.91%), Fiber: 1.81g (7.24%), Vitamin A: 274.27IU (5.49%), Folate: 19.71µg (4.93%), Vitamin K: 4.29µg (4.09%), Vitamin B12: 0.24µg (4%), Vitamin E: 0.37mg (2.45%), Vitamin C: 1.29mg (1.56%)