



## Grilled Split Kielbasa Reubens with Warm Mustard-Caraway Sauerkraut

READY IN



20 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup apple cider
- 0.3 stick butter softened
- 1 teaspoon caraway seeds
- 8 slices emmentaler sliced
- 0.5 cup pepper relish sweet red
- 8 slices marble rye bread
- 1 pound sack sauerkraut drained
- 0.3 cup spicy brown grainy mustard

- 2 sticks turkey kielbasa

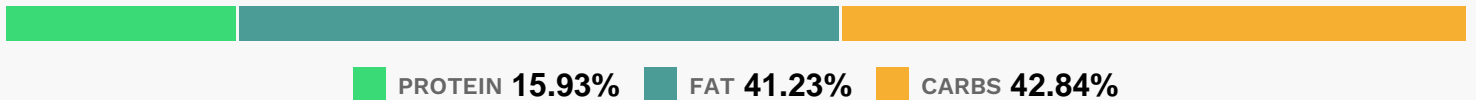
## Equipment

- frying pan
- grill

## Directions

- Preheat a griddle pan to medium-high heat.
- Heat a small skillet over medium heat. Toast the seeds a couple of minutes then stir in sauerkraut, beer or cider, and mustard and simmer 10 minutes.
- Cut kielbasa into 4 portions and split the sausage pieces in half across, opening them up. Grill the sausages on the hot griddle until crispy on both sides, about 7 to 8 minutes total. Wipe some of the grease off the griddle and drop heat to low.
- Lightly butter 1 side of each slice of bread. Build butter-side-out sandwiches of grilled kielbasa, sauerkraut, and 2 slices of cheese; spread the top of each sandwich with red pepper relish before setting in place.
- Grill the sandwiches on the griddle until crispy.
- Cut and serve.

## Nutrition Facts



## Properties

Glycemic Index:66.52, Glycemic Load:17.82, Inflammation Score:-8, Nutrition Score:22.080869664722%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 415.49kcal (20.77%), Fat: 19.31g (29.71%), Saturated Fat: 10.34g (64.64%), Carbohydrates: 45.15g (15.05%), Net Carbohydrates: 36.77g (13.37%), Sugar: 11.19g (12.43%), Cholesterol: 47.07mg (15.69%), Sodium: 1424.15mg (61.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.79g (33.58%), Selenium: 36.3µg (51.86%), Vitamin C: 41.62mg (50.44%), Manganese: 0.84mg (41.81%), Calcium: 404.41mg (40.44%), Fiber: 8.37g (33.49%), Phosphorus: 329.08mg (32.91%), Folate: 110.63µg (27.66%), Vitamin B1: 0.36mg (23.99%), Vitamin B2: 0.38mg (22.57%), Iron: 4.05mg (22.51%), Vitamin A: 1080.91IU (21.62%), Zinc: 2.63mg (17.56%), Vitamin B12: 1.04µg (17.35%), Vitamin K: 17.63µg (16.79%), Magnesium: 65.77mg (16.44%), Vitamin B6: 0.3mg (14.93%), Vitamin B3: 2.97mg (14.83%), Copper: 0.27mg (13.54%), Potassium: 454.82mg (12.99%), Vitamin E: 1.11mg (7.37%), Vitamin B5: 0.68mg (6.75%)