



WHATSheATE



Grilled Turkey Reuben

READY IN



25 min.

SERVINGS



4

CALORIES



734 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce angel hair coleslaw
- ☐ 2 tablespoons butter softened
- ☐ 0.8 pound deli turkey thinly sliced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 8 slices marble rye bread
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 4 slices swiss cheese
- ☐ 4 servings thousand island salad dressing

☐ 1 tablespoon distilled vinegar white

Equipment

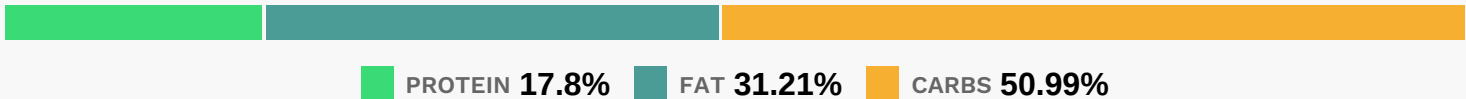
☐ frying pan

☐ grill

Directions

- ☐ Preheat a nonstick skillet over medium heat.
- ☐ In a large skillet, melt 2 tablespoons butter over medium heat.
- ☐ Add the coleslaw, vinegar, salt, sugar and pepper. Cook until the coleslaw is wilted, stirring frequently, 5 minutes.
- ☐ Spread each slice of the marble rye with Thousand Island dressing.
- ☐ Layer the turkey evenly over half of the bread slices; top each with 1 slice Swiss cheese. Spoon the coleslaw mixture evenly over the cheese. Cover with the remaining bread slices, dressing-side down.
- ☐ Spread softened butter over the bottom and top slices of each sandwich. Grill the sandwiches until golden brown, 4 to 5 minutes per side.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:80.86, Glycemic Load:35.94, Inflammation Score:-6, Nutrition Score:23.720000083032%

Nutrients (% of daily need)

Calories: 733.8kcal (36.69%), Fat: 25.26g (38.86%), Saturated Fat: 8.99g (56.2%), Carbohydrates: 92.87g (30.96%), Net Carbohydrates: 86.62g (31.5%), Sugar: 10.87g (12.08%), Cholesterol: 65.88mg (21.96%), Sodium: 2059.81mg (89.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.43g (64.86%), Selenium: 70.24µg (100.34%), Manganese: 1.21mg (60.45%), Phosphorus: 518.98mg (51.9%), Vitamin B1: 0.78mg (51.73%), Copper: 0.55mg (27.33%), Fiber: 6.25g (25.01%), Magnesium: 94.54mg (23.63%), Calcium: 230.02mg (23%), Iron: 4.07mg (22.61%), Zinc: 3.29mg (21.93%), Vitamin K: 22.5µg (21.43%), Folate: 84.92µg (21.23%), Vitamin B2: 0.33mg (19.33%), Vitamin B3: 3.78mg (18.88%), Potassium: 486.3mg (13.89%), Vitamin E: 1.75mg (11.7%), Vitamin B12: 0.53µg (8.76%),

Vitamin B6: 0.16mg (8.06%), Vitamin A: 384.49IU (7.69%), Vitamin B5: 0.67mg (6.69%)