



Hot Pastrami Sandwiches

 Very Healthy

READY IN



75 min.

SERVINGS



1

CALORIES



4677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups coleslaw homemade (or from the deli)
- ☐ 2 pounds corned beef ribs thinly sliced
- ☐ 0.5 cup dijon mustard
- ☐ 2 cups beef broth reduced-sodium
- ☐ 2 pounds peppered pastrami thinly sliced
- ☐ 16 slices cocktail rye bread
- ☐ 8 slices swiss cheese

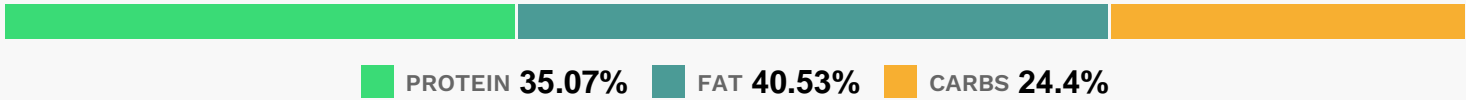
Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Place pastrami, corned beef, and broth in a slow-cooker.*
- ☐ Heat, covered, on lowest setting until hot, stirring periodically, at least 1 hour and up to 3 hours.
- ☐ Set out bread slices and cheese on a platter, and mustard and coleslaw in small bowls. Cover with plastic wrap until served (up to 1 hour).
- ☐ Spread 2 slices of bread with mustard. Pile a generous helping of the meats onto 1 slice, then top with a slice of cheese, about 1/3 cup coleslaw, and the second piece of bread.
- ☐ Cut sandwiches in half, they're large, so consider sharing.
- ☐ *If you don't have a slow-cooker, put the pastrami and corned beef with a little broth in a microwave-safe bowl, cover, and warm in a microwave oven.

Nutrition Facts



Properties

Glycemic Index:225.33, Glycemic Load:127.63, Inflammation Score:-10, Nutrition Score:84.821304321289%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 4677.06kcal (233.85%), Fat: 209.17g (321.8%), Saturated Fat: 71.25g (445.33%), Carbohydrates: 283.27g (94.42%), Net Carbohydrates: 242.97g (88.35%), Sugar: 28.2g (31.33%), Cholesterol: 1042.74mg (347.58%), Sodium: 25829.25mg (1123.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 407.22g (814.44%), Vitamin C: 638.23mg (773.61%), Selenium: 508.82µg (726.88%), Vitamin B12: 36.22µg (603.69%), Zinc: 77.46mg (516.37%), Vitamin B3: 99.88mg (499.4%), Phosphorus: 4031.88mg (403.19%), Iron: 58.18mg (323.25%), Vitamin B2: 5.26mg

(309.41%), Manganese: 5.38mg (269.01%), Vitamin B1: 3.85mg (256.82%), Vitamin B6: 5.09mg (254.46%), Potassium: 7212.95mg (206.08%), Folate: 783.32µg (195.83%), Calcium: 1891.74mg (189.17%), Vitamin K: 169.52µg (161.44%), Fiber: 40.3g (161.2%), Magnesium: 624.94mg (156.23%), Copper: 2.86mg (143.14%), Vitamin B5: 11.55mg (115.47%), Vitamin A: 1458.84IU (29.18%), Vitamin E: 3.26mg (21.71%)