



Kimchi Reuben Sandwich

👤 Popular

READY IN



15 min.

SERVINGS



1

CALORIES



891 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter room temperature
- ☐ 1 teaspoon korean honey citron tea paste
- ☐ 1 tablespoon horse radish
- ☐ 0.5 juice of lemon
- ☐ 0.3 cup catsup
- ☐ 2 tablespoons kimchi drained coarsely chopped
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons onion grated

- ☐ 0.3 teaspoon paprika
- ☐ 2 slices rye lightly toasted
- ☐ 1 serving salt and pepper to taste
- ☐ 2 tablespoons sauerkraut drained coarsely chopped
- ☐ 1 tablespoon russian dressing
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.5 cup swiss shredded room temperature
- ☐ 1 tablespoon worcestershire sauce
- ☐ 2 ounces warm shredded cooked sliced

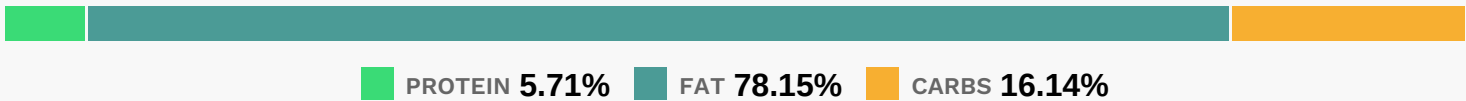
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Melt the butter in a pan over medium heat until it bubbles, add the kimchi and sauerkraut and saute until most of the moisture has evaporated, about 2-3 minutes.
- ☐ Heat a clean non-stick pan over medium heat.Butter the outside of each slice of bread, sprinkle half of the cheese on the inside of one slice of bread, top with half of the kimchi and sauerkraut, half of the russian dressing, the corned beef, the remaining russian dressing, kimchi and sauerkraut, cheese and finally the other slice of bread.
- ☐ Add thesandwich to the pan and grill until golden brown and the cheese has melted, about 2-4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:241, Glycemic Load:1.26, Inflammation Score:-9, Nutrition Score:23.401739037555%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 890.69kcal (44.53%), Fat: 78.94g (121.45%), Saturated Fat: 23.18g (144.89%), Carbohydrates: 36.68g (12.23%), Net Carbohydrates: 33.35g (12.13%), Sugar: 24.14g (26.82%), Cholesterol: 124.72mg (41.57%), Sodium: 2694.87mg (117.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.99g (25.97%), Vitamin K: 272.66µg (259.68%), Vitamin C: 42.16mg (51.11%), Vitamin A: 2467.54IU (49.35%), Vitamin E: 4.39mg (29.27%), Vitamin B2: 0.44mg (26.07%), Selenium: 17.73µg (25.33%), Potassium: 854.27mg (24.41%), Vitamin B6: 0.48mg (23.83%), Iron: 4.17mg (23.18%), Phosphorus: 207.43mg (20.74%), Vitamin B12: 1.24µg (20.59%), Manganese: 0.4mg (19.89%), Vitamin B3: 3.9mg (19.48%), Zinc: 2.56mg (17.04%), Magnesium: 60.99mg (15.25%), Folate: 58.3µg (14.57%), Calcium: 143.61mg (14.36%), Copper: 0.28mg (14.1%), Fiber: 3.33g (13.32%), Vitamin B5: 0.84mg (8.36%), Vitamin B1: 0.11mg (7.24%)