



One World Reuben Vegan Sandwich



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon canola oil
- ☐ 8 slices swirl bread
- ☐ 56 g dairy-free buttery spread
- ☐ 15 ml dill pickle juice
- ☐ 0.8 teaspoon garam masala
- ☐ 0.8 teaspoon garlic powder
- ☐ 1 teaspoon harissa paste to taste

- ☐ 2 teaspoons catsup
- ☐ 0.8 teaspoon mustard dried
- ☐ 1 teaspoon mustard prepared
- ☐ 10 g onion minced
- ☐ 1.5 teaspoons onion powder
- ☐ 2 teaspoons ume plum vinegar
- ☐ 0.3 teaspoon salt
- ☐ 426 g sauerkraut with a pinch of black pepper drained
- ☐ 454 g seitan thinly sliced
- ☐ 15 g relish sweet
- ☐ 113 g spicy tofu firm drained
- ☐ 1 tomatoes thinly sliced

Equipment

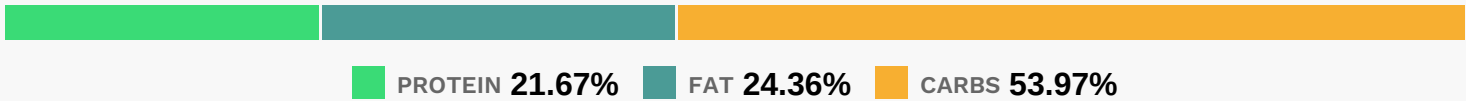
- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ panini press

Directions

- ☐ Combine all the ingredients except the relish in a blender. Blend until smooth. Stir in the relish.
- ☐ Let sit at least 30 minutes to meld. Store covered airtight in the refrigerator until using.
- ☐ Combine all the ingredients in a 9 x 13-inch (23 x 33 cm) pan. Toss to coat. To cook, heat the oil in a large skillet over medium-high heat.
- ☐ Transfer the seitan to the skillet and cook 4 to 5 minutes, stirring occasionally, until lightly browned. Preheat a panini press fitted with the smooth plates to high. Butter the outsides of the bread.
- ☐ Spread the inside of each piece of bread with a tablespoon (14 g) of spread. Divide the seitan evenly among the four sandwiches. Top with the sauerkraut and tomato slices.

Put the tops on the sandwiches and grill with the press open 4 to 5 minutes, or until golden. Carefully turn over to cook the second side, 3 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:31.36, Inflammation Score:-9, Nutrition Score:37.124347728232%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 691.1kcal (34.56%), Fat: 21.12g (32.48%), Saturated Fat: 4.8g (30.02%), Carbohydrates: 105.25g (35.08%), Net Carbohydrates: 73.63g (26.78%), Sugar: 6.52g (7.24%), Cholesterol: 0mg (0%), Sodium: 1616.49mg (70.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.26g (84.52%), Manganese: 13.92mg (696.22%), Vitamin K: 191.48µg (182.36%), Fiber: 31.62g (126.48%), Copper: 1.56mg (77.81%), Iron: 13.87mg (77.04%), Calcium: 551.16mg (55.12%), Magnesium: 202.48mg (50.62%), Potassium: 1654.4mg (47.27%), Vitamin E: 4.84mg (32.25%), Vitamin A: 1442.65IU (28.85%), Vitamin B2: 0.41mg (24.38%), Phosphorus: 242.74mg (24.27%), Selenium: 16.65µg (23.79%), Vitamin B1: 0.32mg (21.02%), Folate: 79.61µg (19.9%), Vitamin B6: 0.4mg (19.82%), Vitamin B5: 1.74mg (17.41%), Vitamin B3: 3.29mg (16.45%), Zinc: 1.77mg (11.82%), Vitamin C: 4.98mg (6.04%)