Open-Faced Chicken Reuben Sandwich

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
45 min.	**4**	**470 kcal**

LUNCH · MAIN COURSE · MAIN DISH · DINNER

Ingredients

- ☐ 4 servings breaded chicken breasts refrigerated frozen (from two 10- to 12-ounce boxes 25-ounce bag)
- ☐ 4 slices cocktail rye bread
- ☐ 0.5 cup sauerkraut
- ☐ 4 slices swiss cheese
- ☐ 0.3 cup thousand island dressing

Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- [ ] Cook the chicken according to package directions.

- [ ] Heat broiler. On one side of a baking sheet, place the rye bread; on the other side, place the chicken breasts, topping each with a slice of Swiss cheese. Broil, turning the bread once, until the bread is toasted and the cheese melts, 3 to 4 minutes.

- [ ] Spread the bread with the Thousand Island dressing and top with the chicken and sauerkraut.

Nutrition Facts

🟩 **PROTEIN 48.72%** 🟦 **FAT 34.86%** 🟧 **CARBS 16.42%**

Properties

Glycemic Index:27.83, Glycemic Load:7.26, Inflammation Score:-6, Nutrition Score:27.603478131087%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 469.92kcal (23.5%), Fat: 17.69g (27.21%), Saturated Fat: 5.38g (33.61%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 16.25g (5.91%), Sugar: 3.92g (4.36%), Cholesterol: 164.51mg (54.84%), Sodium: 754.21mg (32.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.62g (111.24%), Selenium: 87.67µg (125.24%), Vitamin B3: 24.89mg (124.44%), Vitamin B6: 1.75mg (87.59%), Phosphorus: 619.95mg (61.99%), Vitamin B5: 3.45mg (34.51%), Vitamin B1: 0.51mg (34.27%), Potassium: 948.28mg (27.09%), Vitamin B2: 0.4mg (23.39%), Magnesium: 80.73mg (20.18%), Calcium: 193.94mg (19.39%), Zinc: 2.49mg (16.62%), Manganese: 0.33mg (16.57%), Vitamin B12: 0.97µg (16.09%), Vitamin K: 14.18µg (13.5%), Folate: 50.03µg (12.51%), Iron: 2.21mg (12.27%), Fiber: 2.5g (9.98%), Vitamin E: 1.29mg (8.58%), Copper: 0.15mg (7.28%), Vitamin C: 5.45mg (6.61%), Vitamin A: 247.3IU (4.95%), Vitamin D: 0.23µg (1.51%)