



## Pastrami-Spiced Tofu Reuben

READY IN



40 min.

SERVINGS



20

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 1 tablespoon pickled jalapeño seeds removed chopped
- ☐ 3 tablespoons catsup
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 1.5 teaspoons olive oil extra-virgin
- ☐ 2 half-sour pickles sliced
- ☐ 8 slices pumpernickel bread

- ☐ 0.1 teaspoon salt
- ☐ 2 cups sauerkraut dry rinsed drained
- ☐ 0.3 teaspoon sugar
- ☐ 3 tablespoons toppings: such as pickles sweet such as gherkins chopped
- ☐ 4 slices swiss cheese
- ☐ 14 oz spicy tofu firm
- ☐ 2 tablespoons butter unsalted softened
- ☐ 1 tablespoon worcestershire sauce

## Equipment

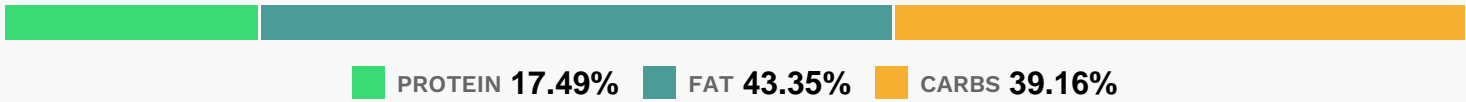
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Arrange tofu in a single layer on a plate between several layers of paper towels. Top with a heavy skillet; let stand for 5 minutes. In a bowl, mix mayonnaise, ketchup and chopped pickles; cover. In a separate bowl, mix coriander, pepper, garlic powder, salt and sugar. Discard towels around tofu.
- ☐ Brush tofu with Worcestershire; sprinkle all over with spice mixture.
- ☐ Warm oil in a large nonstick skillet over medium-high heat. Cook tofu, turning once, until browned, 6 to 8 minutes.
- ☐ Transfer to a plate.
- ☐ Add sauerkraut and jalapeo to skillet; saut until heated through, about 2 minutes.
- ☐ Transfer to a bowl, cover and keep warm. Wipe out skillet.
- ☐ Spread butter on 1 side of each bread slice; set it buttered-side down on a work surface.
- ☐ Spread 1 Tbsp. mayonnaise mixture on 4 slices; top with cheese, tofu and pickles, if desired. Mound sauerkraut on top; drizzle with remaining mayonnaise mixture. Close sandwiches. Warm 2 skillets over medium heat. Cook sandwiches, turning once, until bread is crisp and cheese has melted, about 5 minutes.

Cut in half and serve right away.

# Nutrition Facts



## Properties

Glycemic Index:13.45, Glycemic Load:3.12, Inflammation Score:-2, Nutrition Score:3.7030434433533%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 90.89kcal (4.54%), Fat: 4.46g (6.87%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 7.49g (2.72%), Sugar: 1.62g (1.8%), Cholesterol: 6.62mg (2.21%), Sodium: 309.3mg (13.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Manganese: 0.21mg (10.57%), Calcium: 75.93mg (7.59%), Fiber: 1.59g (6.35%), Selenium: 4.39µg (6.28%), Vitamin K: 6.29µg (5.99%), Iron: 0.93mg (5.16%), Phosphorus: 49.35mg (4.93%), Folate: 16.82µg (4.21%), Vitamin C: 3.35mg (4.06%), Vitamin B2: 0.06mg (3.72%), Vitamin B1: 0.05mg (3.38%), Copper: 0.06mg (3.08%), Magnesium: 11.62mg (2.91%), Zinc: 0.39mg (2.61%), Vitamin B3: 0.48mg (2.4%), Vitamin B6: 0.05mg (2.37%), Vitamin A: 117.41IU (2.35%), Potassium: 81.91mg (2.34%), Vitamin E: 0.31mg (2.06%), Vitamin B12: 0.11µg (1.75%)