



Pastrami Toasts with Tangy Toppings

 Very Healthy

READY IN



70 min.

SERVINGS



1

CALORIES



2717 kcal

Ingredients

- ☐ 2 cloves garlic smashed
- ☐ 4 ounces cabbage shredded green finely
- ☐ 0.5 cup lentils split yellow
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.8 pound pastrami warmed sliced
- ☐ 1 serving pepper freshly ground
- ☐ 12 ounces cabbage shredded red finely
- ☐ 8 slices cocktail rye bread lightly toasted ()

- ☐ 1 serving salt
- ☐ 3 scallions white green minced
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1 teaspoon citrus champagne vinegar
- ☐ 1 serving whole-grain mustard for spreading

Equipment

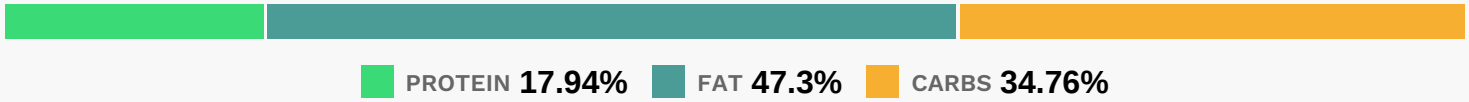
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a large skillet, melt the butter.
- ☐ Add the red cabbage and cook over moderately high heat, tossing, until slightly wilted, 5 minutes.
- ☐ Add the vinegar and sugar. Season with salt and pepper.
- ☐ Add 1 cup of water, cover and cook over moderately low heat, stirring, until tender, 20 minutes. Uncover and cook until the liquid has evaporated, 5 minutes.
- ☐ In a medium saucepan, combine the lentils and garlic with 3 cups of water and season with salt. Simmer over moderately low heat until the lentils are just tender, about 15 minutes.
- ☐ Drain, reserving 1/4 cup of the cooking liquid; discard the garlic. Wipe out the saucepan.
- ☐ Melt the butter in the saucepan.
- ☐ Add the scallions and cook over moderate heat until softened, about 2 minutes.
- ☐ Add the lentils, vinegar and the reserved 1/4 cup of cooking liquid and cook until thickened slightly, about 1 minute longer. Stir in the olive oil and season with salt and pepper.

- ☐
- In a bowl, whisk the mayonnaise with the sour cream and vinegar. Stir in the green cabbage and season with salt and pepper.
- ☐
- Arrange the rye on a work surface and cut each slice into thirds.
- ☐
- Spread with mustard and top with the pastrami. Spoon each topping onto 8 pastrami toasts and serve.

Nutrition Facts



Properties

Glycemic Index:469.02, Glycemic Load:84.64, Inflammation Score:-10, Nutrition Score:85.178260668464%

Flavonoids

Cyanidin: 713.83mg, Cyanidin: 713.83mg, Cyanidin: 713.83mg, Cyanidin: 713.83mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 2716.8kcal (135.84%), Fat: 144.13g (221.74%), Saturated Fat: 36.09g (225.55%), Carbohydrates: 238.34g (79.45%), Net Carbohydrates: 182.93g (66.52%), Sugar: 43.71g (48.56%), Cholesterol: 277.54mg (92.51%), Sodium: 5737.34mg (249.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 123g (245.99%), Vitamin C: 367.95mg (445.99%), Vitamin K: 425.48µg (405.22%), Manganese: 4.68mg (233.96%), Folate: 905.93µg (226.48%), Fiber: 55.41g (221.64%), Selenium: 131.37µg (187.68%), Vitamin B1: 2.62mg (174.6%), Iron: 28.75mg (159.73%), Vitamin B3: 31.47mg (157.36%), Zinc: 23.52mg (156.8%), Phosphorus: 1491.41mg (149.14%), Vitamin B2: 2.08mg (122.15%), Vitamin B6: 2.3mg (115.17%), Vitamin A: 5420.96IU (108.42%), Vitamin B12: 6.22µg (103.72%), Potassium: 3390.82mg (96.88%), Magnesium: 370.13mg (92.53%), Vitamin E: 12.56mg (83.75%), Copper: 1.41mg (70.49%), Calcium: 584.92mg (58.49%), Vitamin B5: 5.34mg (53.41%), Vitamin D: 0.53µg (3.55%)