



Slaw Reubens

READY IN



14 min.

SERVINGS



2

CALORIES



687 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 cups coleslaw mix shredded
- ☐ 0.5 apples i use 2 granny smith apples cored thinly sliced
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 4 slices pumpernickel bread
- ☐ 7 oz oscar mayer roast beef shaved
- ☐ 1 teaspoon spicy brown mustard
- ☐ 2 oz swiss cheese
- ☐ 5 tablespoons thousand island dressing divided

☐ 1 tablespoon vinegar white

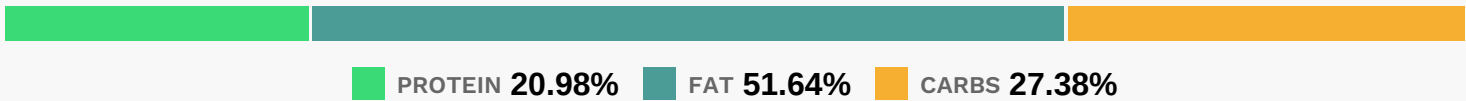
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Stir together coleslaw mix, 2 Tbsp. Thousand Island dressing, vinegar, and pepper in a medium bowl.
- ☐ Stir together spicy brown mustard and remaining 3 Tbsp. Thousand Island dressing; spread mixture evenly on 1 side of bread slices. Top 2 bread slices evenly with beef; top each with half of apple slices and 1 cheese slice. Divide slaw mixture evenly over cheese. Top with remaining bread slices, dressing mixture sides down.
- ☐ Brush both sides of sandwiches evenly with melted butter.
- ☐ Cook sandwiches in a large lightly greased nonstick skillet over medium-high heat 2 minutes on each side or until golden.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:161.5, Glycemic Load:17.53, Inflammation Score:-8, Nutrition Score:35.072608698969%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 687.21kcal (34.36%), Fat: 39.88g (61.35%), Saturated Fat: 15.91g (99.43%), Carbohydrates: 47.59g (15.86%), Net Carbohydrates: 40.1g (14.58%), Sugar: 13.44g (14.93%), Cholesterol: 123.42mg (41.14%), Sodium: 2442.78mg (106.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.46g (72.91%), Vitamin C: 72.37mg (87.73%), Vitamin K: 84.18µg (80.17%), Calcium: 617.71mg (61.77%), Vitamin B1: 0.89mg (59.28%), Manganese: 1.05mg (52.31%), Phosphorus: 508.93mg (50.89%), Vitamin B3: 9.76mg (48.81%), Selenium: 32.71µg (46.73%), Vitamin B12: 2.57µg (42.78%), Zinc: 6.05mg (40.32%), Vitamin B6: 0.61mg (30.29%), Fiber: 7.49g (29.97%), Vitamin B2: 0.47mg (27.83%), Iron: 4.88mg (27.12%), Folate: 103.2µg (25.8%), Magnesium: 80.61mg (20.15%), Potassium: 652.15mg (18.63%), Vitamin E: 2.56mg (17.08%), Vitamin A: 765.87IU (15.32%), Copper: 0.3mg (14.89%), Vitamin B5: 0.88mg (8.8%)