



Smoked Turkey and Kraut Reubens

READY IN



14 min.

SERVINGS



4

CALORIES



144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound deli turkey smoked thinly sliced
- 4 ounce swiss cheese reduced-fat
- 1 ounce cocktail rye bread seedless (such as Arnold)
- 15 ounce sauerkraut dry rinsed canned
- 3 tablespoons spicy brown mustard

Equipment

- frying pan

Directions

- Heat an electric griddle to 27
- Spread about 1 teaspoon mustard on 1 side of each bread slice. Top each of 4 bread slices (mustard sides up) with 1 cheese slice, 1/4 cup sauerkraut, and 2 ounces turkey. Top sandwiches with remaining bread slices (mustard sides down).
- Coat both sides of sandwiches with cooking spray.
- Place on hot griddle, and cook 4 to 6 minutes per side or until cheese is melted.

Nutrition Facts

PROTEIN 50.9% **FAT 16.04%** **CARBS 33.06%**

Properties

Glycemic Index:29.08, Glycemic Load:2.08, Inflammation Score:-4, Nutrition Score:11.042173776938%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 143.79kcal (7.19%), Fat: 2.61g (4.01%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 8.11g (2.95%), Sugar: 3.67g (4.07%), Cholesterol: 28.07mg (9.36%), Sodium: 1601.47mg (69.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.6g (37.21%), Phosphorus: 345.33mg (34.53%), Calcium: 322.83mg (32.28%), Vitamin C: 15.7mg (19.03%), Fiber: 3.98g (15.91%), Selenium: 10.25µg (14.65%), Iron: 2.62mg (14.55%), Copper: 0.27mg (13.65%), Vitamin K: 14.22µg (13.54%), Manganese: 0.27mg (13.29%), Zinc: 1.95mg (12.99%), Magnesium: 47.57mg (11.89%), Potassium: 357.07mg (10.2%), Vitamin B2: 0.16mg (9.21%), Folate: 35.8µg (8.95%), Vitamin B6: 0.17mg (8.7%), Vitamin B12: 0.48µg (7.94%), Vitamin B1: 0.08mg (5.33%), Vitamin B3: 0.51mg (2.55%), Vitamin B5: 0.16mg (1.64%), Vitamin E: 0.23mg (1.54%), Vitamin A: 70.71IU (1.41%)