

## Steak-and-Mushroom Reubens

READY IN



35 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 12 ounce flank steak
- ☐ 12 large mushroom caps fresh stemmed
- ☐ 3 teaspoons coarsely ground pickling spice
- ☐ 6 ounces gruyère cheese thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 12 slices deli rye bread with seeds
- ☐ 1.5 cups sauerkraut from jar drained
- ☐ 0.3 cup thousand island dressing fat-free

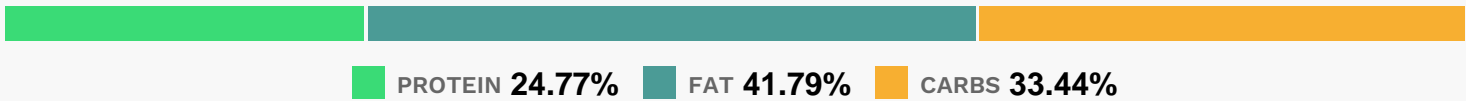
# Equipment

- ☐ bowl
- ☐ frying pan

# Directions

- ☐ Heat oil in large nonstick skillet overmedium-high heat.
- ☐ Sprinkle 1 1/2 teaspoonspickling spice on each side of steak, thensprinkle both sides with salt and pepper.
- ☐ Add steak to skillet and cook to medium rare,about 4 minutes per side.
- ☐ Transfer tocutting board.
- ☐ Add mushrooms to sameskillet. Cover and cook until mushrooms aretender, turning occasionally, about 3 minutes.
- ☐ Transfer mushrooms to bowl.
- ☐ Thinly slice steak on diagonal. Arrange6 bread slices on work surface.
- ☐ Spread withdressing.
- ☐ Layer each with steak, 2 mushroomcaps, sauerkraut, and cheese. Top withremaining bread slices.
- ☐ Spray 2 large nonstick skillets withnonstick spray.
- ☐ Add sandwiches toskillets; place over medium heat. Coverand cook until bottoms are golden, about3 minutes.
- ☐ Remove skillets from heat.
- ☐ Remove sandwiches. Spray skillets withnonstick spray. Turn sandwiches over intoskillets. Cover and cook until bottoms aregolden and cheese is melted, 2 to 3 minutes.
- ☐ Bon Appétit

# Nutrition Facts



# Properties

Glycemic Index:21.89, Glycemic Load:14.85, Inflammation Score:-6, Nutrition Score:21.676086918167%

Flavonoids

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

Nutrients (% of daily need)

Calories: 439.52kcal (21.98%), Fat: 20.37g (31.33%), Saturated Fat: 7.82g (48.9%), Carbohydrates: 36.68g (12.23%), Net Carbohydrates: 30.94g (11.25%), Sugar: 5.45g (6.05%), Cholesterol: 67.91mg (22.64%), Sodium: 956.59mg (41.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.16g (54.33%), Selenium: 42.61µg (60.86%), Phosphorus: 408.45mg (40.84%), Calcium: 364.57mg (36.46%), Vitamin B3: 7.2mg (36.01%), Manganese: 0.69mg (34.5%), Vitamin B1: 0.5mg (33.22%), Zinc: 4.4mg (29.33%), Vitamin B6: 0.54mg (27.21%), Vitamin B2: 0.43mg (25.53%), Folate: 93.13µg (23.28%), Fiber: 5.74g (22.96%), Iron: 3.58mg (19.87%), Vitamin B12: 0.97µg (16.16%), Magnesium: 60.68mg (15.17%), Vitamin K: 15.43µg (14.7%), Potassium: 489.63mg (13.99%), Vitamin B5: 1.25mg (12.51%), Copper: 0.25mg (12.44%), Vitamin E: 1.26mg (8.38%), Vitamin C: 5.87mg (7.11%), Vitamin A: 307IU (6.14%), Vitamin D: 0.28µg (1.88%)