



Thanksgiving Turkey Reuben

 Popular

READY IN



23 min.

SERVINGS



4

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.8 lb carved turkey thinly sliced (I think thigh meat is best)
- ☐ 2 cups packaged cole slaw shredded green
- ☐ 2 teaspoons horseradish freshly grated
- ☐ 4 servings kosher salt and pepper black to taste
- ☐ 0.3 cup mayonnaise
- ☐ 8 slices cocktail rye bread
- ☐ 8 slices swiss cheese

- ☐ 2 tablespoons cranberry sauce whole (I used berry)
- ☐ 1 teaspoon worcestershire sauce

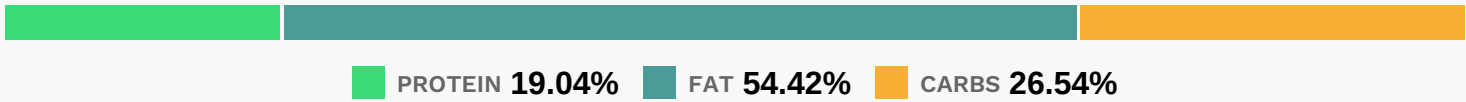
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together the mayonnaise, cranberry sauce, horseradish and Worcestershire sauce in a small bowl. Season with salt and pepper to taste. It will be rather pink!

Nutrition Facts



Properties

Glycemic Index:64.58, Glycemic Load:15, Inflammation Score:-6, Nutrition Score:23.319565311722%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 589.68kcal (29.48%), Fat: 35.56g (54.71%), Saturated Fat: 13.16g (82.22%), Carbohydrates: 39.01g (13%), Net Carbohydrates: 34.26g (12.46%), Sugar: 7.2g (8%), Cholesterol: 96.18mg (32.06%), Sodium: 1606.56mg (69.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.99g (55.98%), Selenium: 41.78µg (59.68%), Vitamin K: 58.91µg (56.11%), Phosphorus: 503.61mg (50.36%), Vitamin B3: 8.65mg (43.23%), Calcium: 381.75mg (38.18%), Manganese: 0.61mg (30.28%), Vitamin B2: 0.46mg (27.34%), Folate: 94.68µg (23.67%), Vitamin B6: 0.47mg (23.42%), Vitamin B12: 1.38µg (22.93%), Vitamin B1: 0.34mg (22.65%), Zinc: 3.14mg (20.92%), Fiber: 4.75g (19.01%), Vitamin C: 13.96mg (16.92%), Potassium: 531.11mg (15.17%), Magnesium: 58.53mg (14.63%), Iron: 2.54mg (14.11%), Vitamin A: 512.43IU (10.25%), Vitamin E: 1.42mg (9.49%), Copper: 0.17mg (8.61%), Vitamin B5: 0.8mg (8.01%), Vitamin D: 0.21µg (1.38%)