



The Rachel Sandwich

READY IN



45 min.

SERVINGS



1

CALORIES



861 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 ounces turkey breast sliced
- 2 slices sourdough bread
- 1 serving butter unsalted
- 2 tablespoons the dressing
- 3 slices swiss cheese thin
- 0.3 cup coleslaw mix

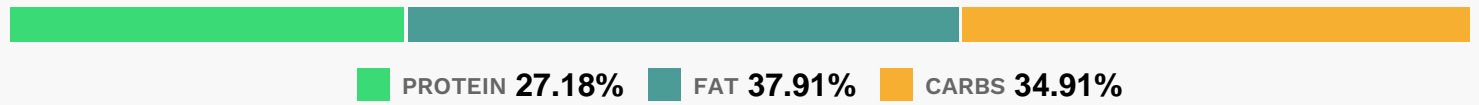
Equipment

- frying pan

Directions

- Heat a griddle or large skillet over medium-high heat.
- Layer turkey slices on griddle and let cook for 1 minute.
- Butter one side of 1 slice of bread and spread opposite side with Russian dressing; place buttered-side down on griddle. Butter one side of remaining slice of bread and place buttered-side down on griddle; top with cheese. Turn turkey and top with coleslaw. Cook until turkey and bread are warmed through and cheese is melted, 2 to 3 minutes. Sandwich turkey and coleslaw between bread. Slice and serve immediately.

Nutrition Facts



Properties

Glycemic Index:151.5, Glycemic Load:51.66, Inflammation Score:-8, Nutrition Score:37.709999893023%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 861.26kcal (43.06%), Fat: 36.37g (55.96%), Saturated Fat: 14.65g (91.57%), Carbohydrates: 75.35g (25.12%), Net Carbohydrates: 72.1g (26.22%), Sugar: 13.33g (14.81%), Cholesterol: 147.84mg (49.28%), Sodium: 1432.61mg (62.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.66g (117.33%), Selenium: 85.77µg (122.53%), Vitamin B3: 20.33mg (101.65%), Phosphorus: 780.85mg (78.09%), Vitamin B1: 0.98mg (65.53%), Vitamin B6: 1.3mg (64.76%), Calcium: 551.38mg (55.14%), Vitamin B2: 0.93mg (54.88%), Folate: 180.91µg (45.23%), Vitamin B12: 2.47µg (41.18%), Manganese: 0.75mg (37.3%), Zinc: 5.49mg (36.6%), Vitamin K: 36.41µg (34.68%), Iron: 6.03mg (33.47%), Magnesium: 96.39mg (24.1%), Vitamin B5: 1.83mg (18.29%), Potassium: 571.15mg (16.32%), Copper: 0.3mg (15.11%), Fiber: 3.25g (13.01%), Vitamin A: 613.91IU (12.28%), Vitamin E: 1.79mg (11.92%), Vitamin C: 6.6mg (8%), Vitamin D: 0.22µg (1.44%)