



The Rachel Sandwich (aka Roast Turkey Reuben Sandwich)

♥ Popular

READY IN



15 min.

SERVINGS



1

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter room temperature
- ☐ 1 slices roast turkey
- ☐ 2 slices rye lightly toasted
- ☐ 0.3 cup sauerkraut drained coarsely chopped
- ☐ 0.5 cup swiss cheese shredded at room temperature
- ☐ 1 tablespoon thousand islands dressing

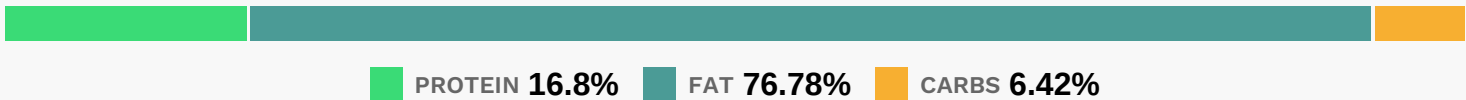
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat a non-stick pan over medium heat. Butter the outside of each slice of bread, sprinkle half of the cheese on the inside of one slice of bread, top with the turkey, coleslaw or sauerkraut, dressing, the remaining cheese and finally the other slice of bread.
- ☐ Add the sandwich and grill until golden brown and the cheese has melted, about 2-4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:109, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:12.3647827221%

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: 393.18kcal (19.66%), Fat: 33.87g (52.11%), Saturated Fat: 17.87g (111.71%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 4.77g (1.73%), Sugar: 3.23g (3.59%), Cholesterol: 87.04mg (29.01%), Sodium: 673.88mg (29.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.68g (33.35%), Calcium: 499.33mg (49.93%), Phosphorus: 355.94mg (35.59%), Vitamin B12: 1.65µg (27.58%), Selenium: 17.87µg (25.52%), Zinc: 2.66mg (17.75%), Vitamin A: 838.43IU (16.77%), Vitamin B1: 0.25mg (16.7%), Vitamin K: 17.52µg (16.69%), Vitamin B2: 0.19mg (11.26%), Manganese: 0.2mg (9.84%), Vitamin E: 1.37mg (9.11%), Magnesium: 31.11mg (7.78%), Fiber: 1.61g (6.44%), Vitamin C: 5.22mg (6.33%), Iron: 1mg (5.56%), Copper: 0.09mg (4.67%), Vitamin B6: 0.09mg (4.62%), Potassium: 150.17mg (4.29%), Folate: 14.1µg (3.53%), Vitamin B5: 0.31mg (3.1%), Vitamin B3: 0.27mg (1.33%)