



## The Reubenesque Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



767 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.5 cups thickly cabbage green sliced
- 0.8 pound jarsberg cheese cut into 16 thin slices
- 2 tablespoons catsup
- 0.5 teaspoon kosher salt
- 2 tablespoons mayonnaise
- 0.5 small onion thinly sliced
- 0.3 teaspoon pepper freshly ground
- 8 slices cocktail rye bread
- 0.3 cup pickled cucumbers / gherkins sweet coarsely chopped

- 1 pound turkey breast smoked cut into 16 slices
- 4 tablespoons butter unsalted

## Equipment

- bowl
- frying pan

## Directions

- In a medium bowl, mix the ketchup and mayonnaise.
- Add the green cabbage, onion, sweet gherkins, salt and pepper and toss to coat.
- Melt 1 tablespoon of the butter in a large skillet.
- Add 2 slices of the rye bread to the skillet and top each with 2 slices of Jarlsberg cheese, then 4 slices of smoked turkey, about 1/2 cup of coleslaw, 2 more slices of Jarlsberg and another slice of bread. Cook the sandwiches over moderately low heat until the bottoms are toasted and the cheese on the bottom is melted, about 4 minutes. Turn the sandwiches over, press them down and add 1 more tablespoon of butter to the skillet. Cook until the second sides are browned, about 4 minutes.
- Transfer to plates and repeat with the remaining ingredients to make 2 more sandwiches.
- Wine Recommendation: Turkey, cheese, mayonnaise and ketchup on rye don't require a subtle match, just a cool glass of fruity, grapey Beaujolais-Villages from France, such as the 1996 Georges Duboeuf or the 1996 Louis Jadot.

## Nutrition Facts



## Properties

Glycemic Index:51.33, Glycemic Load:15.34, Inflammation Score:-8, Nutrition Score:28.243043339771%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

## Nutrients (% of daily need)

Calories: 767.3kcal (38.36%), Fat: 45.01g (69.24%), Saturated Fat: 23.96g (149.76%), Carbohydrates: 39.49g (13.16%), Net Carbohydrates: 33.95g (12.35%), Sugar: 8.25g (9.16%), Cholesterol: 155.03mg (51.68%), Sodium: 1626.06mg (70.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.34g (104.68%), Calcium: 707.97mg (70.8%), Vitamin B3: 13.96mg (69.82%), Selenium: 46.11µg (65.86%), Vitamin K: 64.68µg (61.6%), Vitamin B6: 1.03mg (51.44%), Phosphorus: 374.78mg (37.48%), Manganese: 0.68mg (33.8%), Vitamin C: 23.7mg (28.72%), Folate: 107.9µg (26.97%), Vitamin B2: 0.43mg (25.14%), Vitamin B1: 0.36mg (24.09%), Vitamin A: 1161.47IU (23.23%), Fiber: 5.54g (22.17%), Magnesium: 64.39mg (16.1%), Zinc: 2.38mg (15.86%), Iron: 2.81mg (15.62%), Potassium: 534.68mg (15.28%), Vitamin B5: 1.34mg (13.39%), Vitamin B12: 0.75µg (12.44%), Copper: 0.21mg (10.38%), Vitamin E: 1.07mg (7.15%), Vitamin D: 0.34µg (2.25%)