



Tofu Reubens With Salad

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons dill pickles chopped
- 0.1 teaspoon ground allspice
- 6 cups baby greens mixed
- 2 tablespoons pickled mushrooms
- 0.1 teaspoon ground mustard
- 1.5 tablespoons olive oil extra-virgin
- 8 slices cocktail rye bread seeded
- 1 cup sauerkraut rinsed drained

- 4 slices swiss cheese
- 0.5 cup thousand island dressing
- 12 ounce baked tofu
- 2.5 tablespoons butter unsalted

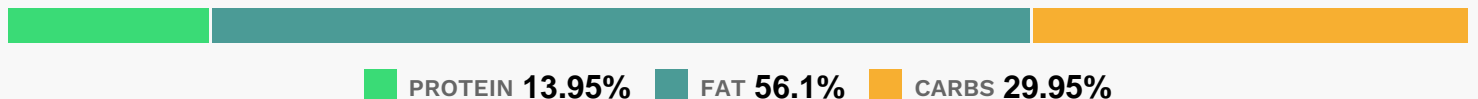
Equipment

- frying pan
- cutting board

Directions

- Lay the tofu on a cutting board and slice each piece in half horizontally.
- Sprinkle the tofu pieces evenly on one side with the allspice and mustard powder.
- Heat 1/2 tablespoon butter in a large nonstick skillet over medium-high heat.
- Add the tofu and cook, turning once, until golden brown, about 1 minute per side. Wipe out the skillet and remove from the heat.
- Spread each slice of bread with 1 tablespoon Russian dressing, then sandwich with the sauerkraut, tofu and cheese.
- Heat 1 tablespoon butter in the skillet over medium heat.
- Add 2 sandwiches and cook, turning once, until the cheese melts and the bread is toasted, about 3 minutes per side. Repeat with the remaining butter and sandwiches.
- Toss the mixed greens, cornichons, brine, mushrooms and olive oil.
- Serve the sandwiches with the salad.
- Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:14.71, Inflammation Score:-8, Nutrition Score:19.711739156557%

Flavonoids

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

Nutrients (% of daily need)

Calories: 550.94kcal (27.55%), Fat: 34.62g (53.26%), Saturated Fat: 10.76g (67.25%), Carbohydrates: 41.58g (13.86%), Net Carbohydrates: 35.74g (13%), Sugar: 8.35g (9.28%), Cholesterol: 42.75mg (14.25%), Sodium: 1032.88mg (44.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.37g (38.74%), Vitamin B1: 0.77mg (51.04%), Selenium: 26.72µg (38.17%), Manganese: 0.69mg (34.66%), Calcium: 335.04mg (33.5%), Vitamin K: 32.23µg (30.7%), Folate: 104.88µg (26.22%), Vitamin C: 19.73mg (23.92%), Iron: 4.22mg (23.43%), Fiber: 5.84g (23.36%), Phosphorus: 226.75mg (22.67%), Vitamin A: 1132.06IU (22.64%), Vitamin B2: 0.36mg (21.12%), Vitamin E: 2.58mg (17.23%), Vitamin B3: 3.24mg (16.18%), Zinc: 1.81mg (12.04%), Magnesium: 46.6mg (11.65%), Copper: 0.22mg (10.93%), Potassium: 350.36mg (10.01%), Vitamin B12: 0.53µg (8.85%), Vitamin B6: 0.16mg (8.24%), Vitamin B5: 0.58mg (5.84%)