



Turkey Meatball Reuben Subs

READY IN



20 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black
- 1 teaspoon bottled garlic minced
- 1.3 cups d coleslaw
- 1.5 teaspoons ground coriander
- 0.3 teaspoon ground pepper red
- 1 pound pd of ground turkey
- 2 teaspoons paprika divided
- 0.3 teaspoon salt
- 0.5 teaspoon sugar

- 4 ounce swiss cheese
- 0.3 cup thousand island dressing reduced-fat
- 12 ounce wheat submarine rolls (such as Cobblestone Mill)

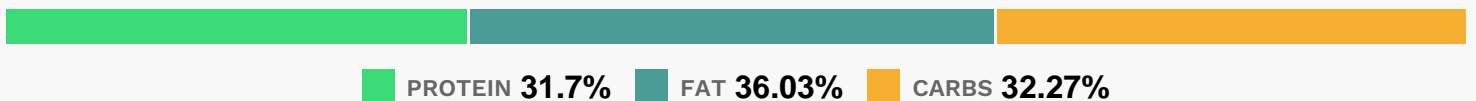
Equipment

- broiler
- broiler pan

Directions

- Preheat broiler.
- Combine 1 1/2 teaspoons paprika, coriander, and next 6 ingredients (through turkey). Shape into 16 meatballs (about 1 heaping tablespoon each).
- Place meatballs on a broiler pan coated with cooking spray, and broil for 8 minutes or until done, turning once.
- While meatballs cook, hollow out bread, leaving a 1/2-inch-thick shell, and reserve torn bread for another use.
- Combine the coleslaw, dressing, and remaining 1/2 teaspoon paprika. Arrange 4 meatballs and 1 cheese slice inside each roll.
- Place the sandwiches on broiler pan, and broil for 1 minute or until cheese melts. Divide slaw among sandwiches.

Nutrition Facts



Properties

Glycemic Index:62.52, Glycemic Load:1, Inflammation Score:-8, Nutrition Score:30.826522142991%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 537.33kcal (26.87%), Fat: 21.91g (33.71%), Saturated Fat: 7.74g (48.35%), Carbohydrates: 44.15g (14.72%), Net Carbohydrates: 39.39g (14.32%), Sugar: 9.07g (10.07%), Cholesterol: 92.8mg (30.93%), Sodium: 800.93mg (34.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.38g (86.77%), Selenium: 61.41µg (87.73%), Vitamin B3: 15.09mg (75.44%), Vitamin B6: 1.14mg (57%), Phosphorus: 543.26mg (54.33%), Manganese: 1.02mg (50.84%), Vitamin B1: 0.71mg (47.66%), Calcium: 360.31mg (36.03%), Vitamin K: 33.1µg (31.53%), Vitamin B2: 0.5mg (29.69%), Folate: 116.78µg (29.2%), Zinc: 4.31mg (28.74%), Iron: 4.97mg (27.59%), Vitamin B12: 1.44µg (24.05%), Magnesium: 89.11mg (22.28%), Fiber: 4.76g (19.03%), Vitamin A: 866.2IU (17.32%), Potassium: 591.97mg (16.91%), Vitamin B5: 1.63mg (16.25%), Copper: 0.29mg (14.55%), Vitamin C: 9.19mg (11.14%), Vitamin E: 1.3mg (8.68%), Vitamin D: 0.45µg (3.02%)