



Turkey Reuben

READY IN



105 min.

SERVINGS



4

CALORIES



1060 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon pickling spice
- ☐ 1 cup apple juice
- ☐ 2 pieces bacon chopped
- ☐ 1 tablespoon balsamic white
- ☐ 1 bay leaf
- ☐ 1 pinch celery seed
- ☐ 8 cups chicken stock see
- ☐ 0.3 cup ghee
- ☐ 2 tablespoons dill pickle relish

- ☐ 1 pinch ground pepper white
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup catsup
- ☐ 4 servings juice of lemon as needed
- ☐ 0.3 cup mayo
- ☐ 2 tablespoons rice wine vinegar
- ☐ 8 slices cocktail rye bread
- ☐ 0.5 teaspoon salt
- ☐ 8 slices swiss
- ☐ 1 pound turkey breast fresh sliced
- ☐ 1 head cabbage white quartered

Equipment

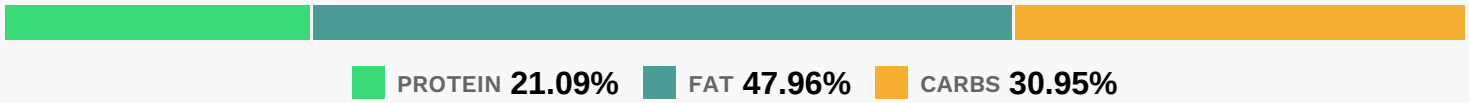
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ grill

Directions

- ☐ For the kraut: Preheat the oven to 350 degrees F.
- ☐ Add the stock, juice, pickling spice, black pepper, bay leaf, cabbage and bacon to a pan, cover and cook until the cabbage is softened, about 45 minutes. Once soft, remove from the heat and allow to cool. Then separate the cabbage and save the stock. After the cabbage is cooked, slice the quarters very thin and cover with the rice wine vinegar. Season and finish with a small amount of lemon juice.
- ☐ Mix the ketchup, mayo, relish, balsamic, salt, celery seed and white pepper in a bowl.
- ☐ To assemble: Put some butter on the grill.
- ☐ Place the bread on the buttered grill until golden brown.
- ☐ Place 1 slice of cheese on each slice of bread.

- ☐
- Mix 2 tablespoons of the dressing with 1/4 cup of kraut per sandwich, place on the grill and warm throughout.
- ☐
- Place the kraut and 4 ounces turkey on 4 bread slices. Top with the remaining bread.

Nutrition Facts



Properties

Glycemic Index:68.52, Glycemic Load:20.49, Inflammation Score:-9, Nutrition Score:49.98565228089%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 1060.17kcal (53.01%), Fat: 56.9g (87.54%), Saturated Fat: 23.79g (148.69%), Carbohydrates: 82.63g (27.54%), Net Carbohydrates: 71.17g (25.88%), Sugar: 29.07g (32.3%), Cholesterol: 173.51mg (57.84%), Sodium: 3206.06mg (139.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.29g (112.57%), Vitamin K: 222.83µg (212.22%), Vitamin C: 91.5mg (110.91%), Vitamin B3: 19.65mg (98.27%), Phosphorus: 929.07mg (92.91%), Selenium: 56.86µg (81.23%), Calcium: 810.22mg (81.02%), Vitamin B2: 1.11mg (65.14%), Manganese: 1.26mg (62.86%), Vitamin B6: 1.25mg (62.43%), Folate: 216.19µg (54.05%), Vitamin B1: 0.72mg (48.13%), Potassium: 1669.97mg (47.71%), Fiber: 11.46g (45.84%), Zinc: 5.4mg (35.99%), Iron: 6.31mg (35.05%), Magnesium: 134.68mg (33.67%), Copper: 0.54mg (26.86%), Vitamin B12: 1.39µg (23.12%), Vitamin A: 943.68IU (18.87%), Vitamin E: 2.44mg (16.25%), Vitamin B5: 1.6mg (16.04%), Vitamin D: 0.63µg (4.23%)