



## Turkey Reuben

READY IN



45 min.

SERVINGS



1

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons butter unsalted softened
- 2 slices cocktail rye bread
- 2 tablespoons the dressing
- 1 ounce swiss cheese thinly sliced
- 4 slices turkey cooked thin
- 3 tablespoons coleslaw mix
- 2 slices dill pickle

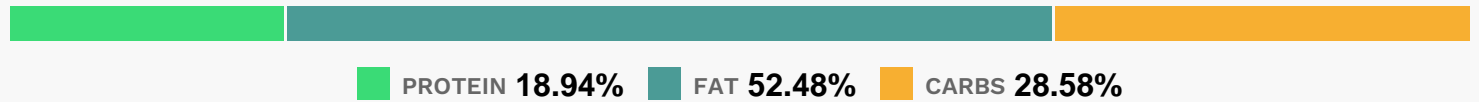
### Equipment

- bowl
- frying pan
- spatula
- grill pan

## Directions

- Heat a grill pan or a cast-iron skillet over medium heat.
- Spread butter on 1 side of each slice of bread. Flip bread over, and spread Russian dressing on the other side of each slice.
- Place half of the cheese on top of dressing on 1 slice. Top with turkey, cabbage slaw, and pickles. Top with remaining cheese, then the second slice of bread, buttered side up.
- Place on grill pan, and cook, pressing down occasionally with a spatula, until golden brown and cheese has melted, 3 to 4 minutes per side. (Cover with a heatproof bowl to encourage cheese to melt; use caution when removing.)
- Cut sandwich in half, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:123.33, Glycemic Load:14.99, Inflammation Score:-7, Nutrition Score:22.956087019133%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 575.58kcal (28.78%), Fat: 33.55g (51.61%), Saturated Fat: 13.31g (83.22%), Carbohydrates: 41.11g (13.7%), Net Carbohydrates: 36.27g (13.19%), Sugar: 10.74g (11.93%), Cholesterol: 104.95mg (34.98%), Sodium: 804mg (34.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.24g (54.48%), Selenium: 43.08µg (61.55%), Vitamin K: 57.07µg (54.35%), Phosphorus: 382.16mg (38.22%), Vitamin B3: 7.24mg (36.19%), Calcium: 329.85mg (32.99%), Manganese: 0.64mg (32.15%), Vitamin B12: 1.65µg (27.45%), Vitamin B2: 0.45mg (26.66%), Vitamin B6: 0.49mg (24.59%), Folate: 98.04µg (24.51%), Vitamin B1: 0.35mg (23.3%), Zinc: 3.2mg (21.32%), Vitamin C: 16.73mg

(20.27%), Fiber: 4.84g (19.36%), Iron: 2.69mg (14.97%), Magnesium: 56.84mg (14.21%), Vitamin A: 591.17IU (11.82%), Vitamin E: 1.72mg (11.49%), Vitamin B5: 1.05mg (10.46%), Potassium: 354.4mg (10.13%), Copper: 0.2mg (9.78%), Vitamin D: 0.33µg (2.22%)