



Turkey Reuben Panini

READY IN



15 min.

SERVINGS



4

CALORIES



134 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces deli low-sodium (such as Boar's Head)
- ☐ 0.5 ounce swiss cheese reduced-fat thin
- ☐ 0.5 ounce thin- rye bread
- ☐ 0.3 cup sauerkraut refrigerated rinsed drained
- ☐ 0.3 cup thousand island dressing fat-free

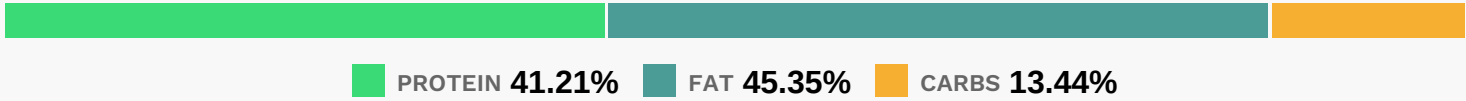
Equipment

- ☐ frying pan

Directions

- ☐ Spread one side of each bread slice evenly with 1 1/2 teaspoons dressing.
- ☐ Place one cheese slice on dressed side of each of four bread slices; top each with 1 tablespoon sauerkraut and 2 ounces turkey. Top each sandwich with 1 cheese slice and 1 bread slice, dressed side down. Coat the outside of the sandwich (top and bottom) with cooking spray.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add sandwiches to pan.
- ☐ Place a cast-iron or other heavy skillet on top of sandwiches; press gently to flatten sandwiches (leave cast-iron skillet on sandwiches while they cook). Cook 2 minutes on each side or until browned and cheese melts.

Nutrition Facts



Properties

Glycemic Index:21.08, Glycemic Load:0.83, Inflammation Score:-2, Nutrition Score:7.8199999241725%

Nutrients (% of daily need)

Calories: 133.69kcal (6.68%), Fat: 6.74g (10.36%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 4.49g (1.5%), Net Carbohydrates: 3.91g (1.42%), Sugar: 2.74g (3.05%), Cholesterol: 35.92mg (11.97%), Sodium: 354.2mg (15.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.77g (27.54%), Vitamin B3: 5.84mg (29.21%), Vitamin B6: 0.46mg (22.82%), Selenium: 14.7µg (21%), Vitamin B1: 0.26mg (17.44%), Phosphorus: 165.67mg (16.57%), Vitamin K: 12.01µg (11.44%), Vitamin B12: 0.42µg (6.95%), Vitamin B2: 0.12mg (6.93%), Zinc: 0.97mg (6.49%), Potassium: 178.83mg (5.11%), Calcium: 49.9mg (4.99%), Magnesium: 19.27mg (4.82%), Vitamin B5: 0.46mg (4.63%), Vitamin E: 0.69mg (4.57%), Iron: 0.73mg (4.04%), Manganese: 0.05mg (2.64%), Folate: 10.21µg (2.55%), Fiber: 0.59g (2.35%), Copper: 0.05mg (2.28%), Vitamin C: 1.32mg (1.6%), Vitamin A: 51.54IU (1.03%)