



Turkey Reuben Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil divided
- ☐ 2 tablespoons dijon mustard
- ☐ 4 ounce swiss cheese reduced-fat reduced-sodium (such as Alpine Lace)
- ☐ 8 slices cocktail rye bread
- ☐ 0.7 cup sauerkraut drained and rinsed
- ☐ 0.3 cup thousand island dressing fat-free
- ☐ 8 ounces turkey smoked thinly sliced

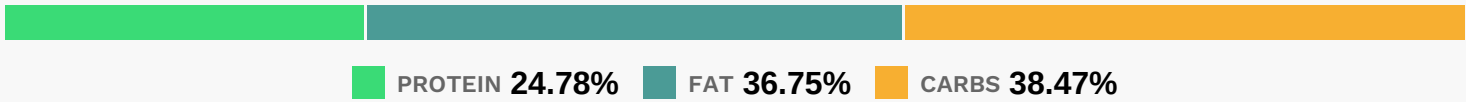
Equipment

☐ frying pan

Directions

- ☐ Spread about 3/4 teaspoon mustard over each bread slice.
- ☐ Place 1 cheese slice on each of 4 bread slices. Divide turkey evenly over cheese. Top each serving with 2 1/2 tablespoons sauerkraut and 1 tablespoon dressing. Top each serving with 1 bread slice, mustard sides down.
- ☐ Heat 1 1/2 teaspoons canola oil in a large nonstick skillet over medium-high heat.
- ☐ Add 2 sandwiches to pan; top with another heavy skillet. Cook 3 minutes on each side or until golden; remove sandwiches from pan, and keep warm. Repeat procedure with remaining oil and sandwiches.

Nutrition Facts



Properties

Glycemic Index:29.08, Glycemic Load:14.36, Inflammation Score:-5, Nutrition Score:18.11000004022%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 372.5kcal (18.62%), Fat: 15.1g (23.23%), Saturated Fat: 3g (18.78%), Carbohydrates: 35.57g (11.86%), Net Carbohydrates: 30.72g (11.17%), Sugar: 5.77g (6.41%), Cholesterol: 42.97mg (14.32%), Sodium: 876.67mg (38.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.91g (45.81%), Selenium: 34.88µg (49.82%), Vitamin B1: 0.55mg (36.46%), Phosphorus: 342.24mg (34.22%), Calcium: 338.07mg (33.81%), Manganese: 0.61mg (30.27%), Vitamin B3: 5.67mg (28.35%), Vitamin B2: 0.41mg (24.13%), Folate: 81.12µg (20.28%), Fiber: 4.85g (19.38%), Zinc: 2.69mg (17.9%), Vitamin B6: 0.35mg (17.39%), Vitamin K: 17.39µg (16.56%), Vitamin B12: 0.97µg (16.12%), Iron: 2.86mg (15.87%), Magnesium: 53.8mg (13.45%), Vitamin E: 1.56mg (10.43%), Copper: 0.19mg (9.3%), Potassium: 296.08mg (8.46%), Vitamin B5: 0.65mg (6.53%), Vitamin C: 3.77mg (4.56%), Vitamin A: 112.67IU (2.25%)