



## Turkey Reubens

READY IN



30 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.8 pound deli turkey breast sliced
- ☐ 1.5 teaspoons catsup
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 8 slices cocktail rye bread
- ☐ 1 cup sauerkraut drained well
- ☐ 4 ounces swiss cheese thinly sliced
- ☐ 3 tablespoons butter unsalted softened

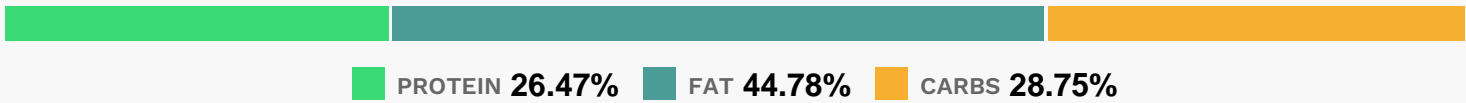
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ spatula

## Directions

- ☐ Combine mayonnaise and ketchup in a small bowl and whisk until well mixed. Butter each slice of bread evenly on one side.
- ☐ Place bread buttered side down on work surface and spread with mayonnaise mixture, then pile sauerkraut on top. Arrange turkey slices on top of sauerkraut, then place cheese on turkey. Top with remaining bread slices, placing buttered sides up.
- ☐ Warm large skillet over medium-low heat.
- ☐ Place sandwiches in skillet and grill until bread is brown and crisp, 5 to 8 minutes. Using a spatula, carefully turn sandwiches and continue to grill until second side is brown and crisp, another 5 to 7 minutes, pressing down once or twice with spatula to flatten. If all sandwiches won't fit in skillet together, grill two at a time.
- ☐ Place finished sandwiches on a platter and tent with foil to keep warm while cooking remaining sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:27.83, Glycemic Load:14.5, Inflammation Score:-6, Nutrition Score:22.069130736849%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 480.32kcal (24.02%), Fat: 23.99g (36.91%), Saturated Fat: 11.69g (73.09%), Carbohydrates: 34.65g (11.55%), Net Carbohydrates: 29.9g (10.87%), Sugar: 4.04g (4.49%), Cholesterol: 97.11mg (32.37%), Sodium: 982.16mg (42.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.9g (63.79%), Selenium: 48.31µg (69.01%), Vitamin B3: 10.97mg (54.86%), Phosphorus: 455.65mg (45.56%), Vitamin B6: 0.78mg (38.83%), Calcium: 325.23mg (32.52%), Manganese: 0.59mg (29.58%), Vitamin B2: 0.44mg (25.77%), Vitamin B12: 1.41µg (23.5%), Folate: 88.47µg (22.12%), Vitamin B1: 0.32mg (21.22%), Zinc: 3.16mg (21.09%), Fiber: 4.75g (18.99%), Iron: 2.86mg (15.87%), Magnesium: 61.57mg (15.39%), Vitamin K: 14.09µg (13.42%), Potassium: 404.66mg (11.56%), Vitamin B5: 1.12mg (11.16%), Vitamin A: 544.99IU (10.9%), Copper: 0.22mg (10.83%), Vitamin E: 1.06mg (7.06%), Vitamin C: 5.55mg (6.73%), Vitamin D: 0.24µg (1.62%)