



Twisted Reuben

READY IN



5 min.

SERVINGS



1

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

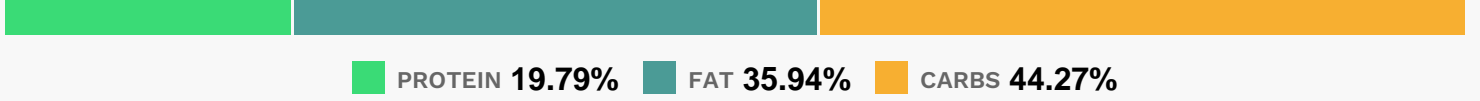
- 1 Tbsp garlic aioli kraft
- 5 slices oscar mayer deli bold cracked pepper turkey breast fresh black
- 0.5 cup coleslaw blend (cabbage slaw mix)
- 2 slices cocktail rye bread
- 1 big swiss cheese kraft

Equipment

Directions

- Combine coleslaw blend and aioli.
- Fill bread slices with turkey, cheese and coleslaw.

Nutrition Facts



Properties

Glycemic Index:123.33, Glycemic Load:14.81, Inflammation Score:-5, Nutrition Score:14.20434777633%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 340.25kcal (17.01%), Fat: 13.3g (20.46%), Saturated Fat: 4.52g (28.26%), Carbohydrates: 36.85g (12.28%), Net Carbohydrates: 32.27g (11.73%), Sugar: 4.26g (4.74%), Cholesterol: 33.28mg (11.09%), Sodium: 1031.14mg (44.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.48g (32.96%), Selenium: 25µg (35.71%), Manganese: 0.58mg (29.21%), Phosphorus: 279.48mg (27.95%), Vitamin K: 27.61µg (26.29%), Folate: 86.98µg (21.75%), Calcium: 216.42mg (21.64%), Vitamin B1: 0.3mg (20.07%), Fiber: 4.59g (18.35%), Vitamin B2: 0.28mg (16.47%), Vitamin C: 13.07mg (15.84%), Iron: 2.44mg (13.57%), Vitamin B3: 2.52mg (12.62%), Zinc: 1.88mg (12.53%), Copper: 0.23mg (11.68%), Magnesium: 46.21mg (11.55%), Vitamin B12: 0.51µg (8.56%), Potassium: 259.81mg (7.42%), Vitamin B6: 0.1mg (5.16%), Vitamin B5: 0.43mg (4.29%), Vitamin A: 179.88IU (3.6%), Vitamin E: 0.37mg (2.44%)