



## Vegetarian Reuben Sandwiches

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



328 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup onion sliced
- 8 slices cocktail rye bread ()
- 0.3 cup thousand island dressing reduced-fat
- 8 strips roasted peppers red drained () (from 7-oz jar)
- 0.5 cup sauerkraut rinsed drained
- 3 oz swiss cheese fat-free
- 1 serving pam original flavor shopping list

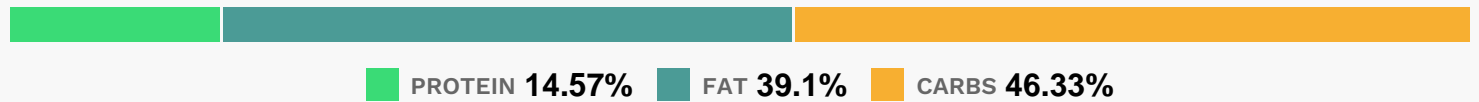
## Equipment

frying pan

## Directions

- Spray 12-inch skillet with cooking spray; heat over medium-high heat.
- Add onion; cook 3 to 5 minutes, stirring frequently, until softened.
- Remove onion from skillet.
- Spread 4 bread slices with dressing. Top each slice with one-fourth of the onion, 2 strips bell pepper, 2 tablespoons sauerkraut and 1 cheese slice. Top with remaining bread slices.
- Heat same skillet over medium-low heat. Spray outsides of sandwiches with cooking spray; place sandwiches in skillet. Cook 4 to 5 minutes, turning after 2 minutes, until cheese is melted and bread is toasted.

## Nutrition Facts



## Properties

Glycemic Index:34.58, Glycemic Load:15.22, Inflammation Score:-6, Nutrition Score:14.306521705959%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

## Nutrients (% of daily need)

Calories: 328.47kcal (16.42%), Fat: 14.28g (21.97%), Saturated Fat: 5.09g (31.83%), Carbohydrates: 38.08g (12.69%), Net Carbohydrates: 33.02g (12.01%), Sugar: 6.85g (7.61%), Cholesterol: 23.84mg (7.95%), Sodium: 721.89mg (31.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.94%), Selenium: 26.72µg (38.18%), Vitamin B1: 0.53mg (35.18%), Manganese: 0.62mg (30.81%), Calcium: 253.95mg (25.4%), Phosphorus: 221.81mg (22.18%), Folate: 84.49µg (21.12%), Fiber: 5.06g (20.22%), Vitamin B2: 0.3mg (17.83%), Vitamin K: 14.33µg (13.65%), Iron: 2.38mg (13.25%), Vitamin B3: 2.59mg (12.96%), Zinc: 1.8mg (12.03%), Vitamin B12: 0.64µg (10.7%), Magnesium: 40.39mg (10.1%), Copper: 0.16mg (8.21%), Vitamin C: 6.76mg (8.19%), Vitamin B6: 0.14mg (6.88%), Vitamin E: 1mg (6.64%), Potassium: 229.55mg (6.56%), Vitamin A: 228.32IU (4.57%), Vitamin B5: 0.44mg (4.39%)