

All Recipes

Al Recipe Builder

Similar Recipes

Turkey Reuben ·

The Turkey Reuben is a variation of the classic Reuben sandwich, made with turkey instead of corned beef. It features layers of sliced turkey, sauerkraut, Swiss cheese, and Russian dressing, all grilled between slices of rye bread. The sandwich is then cooked until the cheese is melted and the bread is toasted. It is a delicious and satisfying sandwich that combines the flavors of turkey, sauerkraut, and Swiss cheese with the tangy kick of Russian dressing.

Recipe Type: Standard	Prep Time: 15 mins
Cook Time: 10 mins	Total Time: 25 mins
Recipe Yield: 500 grams	Number of Servings: 4
Serving Size: 125 g	

Ingredients

400 g	Turkey Breast
200 g	Sauerkraut
200 g	Swiss cheese

400 g rye bread

Directions

Step 1

Spread Russian dressing on one side of each slice of rye bread.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Layer sliced turkey, sauerkraut, and Swiss cheese on top of the dressing on one slice of bread.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Top with the second slice of bread, dressing side down.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4



Grill the sandwich on a panini press or in a skillet over medium heat until the cheese is melted and the bread is toasted, about 5 minutes per side.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

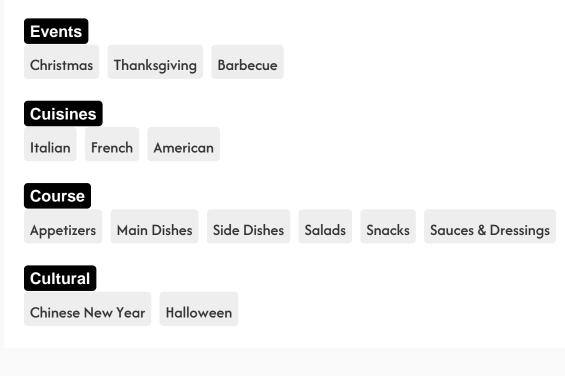
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	25 mg	2.5%	2.5%
Iron	15 mg	187.5%	83.33%
Potassium	8 mg	0.24%	0.31%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes



Demographics Kids Friendly Teen Friendly Allergy Friendly Diabetic Friendly Heal Type Lunch Dinner Snack Difficulty Level	Cost Under \$10 \$10 to \$20			
Meal Type Lunch Dinner Snack		Allerey Friendly	Disbetic Friendly	
Lunch Dinner Snack		Allergy mendiy	Diabelie menaly	
Difficulty Level				
	Difficulty Level			

Visit our website: <u>healthdor.com</u>