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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

100 g russian dressing

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

Grilling

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

Events

Christmas Thanksgiving Barbecue

Cuisines

Italian French American

Course

Appetizers Main Dishes Side Dishes Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Halloween

Cost

Under \$10

\$10 to \$20

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Diabetic Friendly

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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