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Tempeh Reuben Sandwich ♦

The Tempeh Reuben Sandwich is a vegan twist on the classic Reuben sandwich. It features marinated and grilled tempeh, sauerkraut, vegan Russian dressing, and vegan Swiss cheese on rye bread. This plant-based version is just as delicious and satisfying as the original, with all the flavors you love.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	tempeh
100 g	Sauerkraut
50 g	vegan russian dressing
50 g	vegan swiss cheese
200 g	Rye bread

Directions

Step 1

Marinating

Marinate the tempeh in your favorite marinade for at least 30 minutes.

Prep Time: 30 mins

Cook Time: 0 mins

Step 2

Grilling

Grill the marinated tempeh until it is lightly browned and crispy.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Toasting

Toast the rye bread slices until they are golden brown.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Assembly

Assemble the sandwich by layering the grilled tempeh, sauerkraut, vegan Russian dressing, and vegan Swiss cheese on the toasted rye bread slices.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 12 g

Protein: 20 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	7 g	18.42%	28%
Sugars	3 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	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Chinese Mexican Middle Eastern

Nutritional Content

Low Calorie Low Fat Low Carb Low Sodium High Iron High Calcium

Course

Appetizers

Main Dishes

Side Dishes

Salads

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Cost

\$30 to \$40

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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