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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

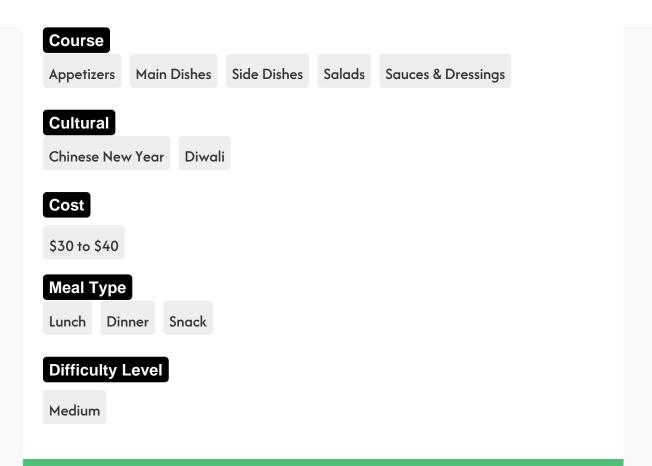
Picnic

Cuisines

Chinese Mexican Middle Eastern

Nutritional Content

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



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