

Grilled Turkey Reuben

Ingredients

Bread, rye, mild, Turkey, Cheese, Swiss, deli sliced, Sauerkraut, Salad Dressing, thousand island, Margarine, soft, safflower oil.

Nutrients per serving

Nutrition Facts	
Serving Size 1 Sandwich (198g)	
Servings Per Container 1	
Amount Per Serving	
Calories 420	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 580mg	24%
Total Carbohydrate 29g	10%
Dietary Fiber 9g	36%
Sugars 2g	
Protein 31g	
Vitamin A 8%	• Vitamin C 0%
Calcium 45%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	