

Tofurky Reuben

Tofurky Reuben recipe from Vegan Proteins.



PREP TIME

10 mins

TOTAL TIME

10 mins



COURSE

Lunch



SERVINGS

1 serving

CALORIES

448 kcal

INGREDIENTS

- 1 Tbsp Reduced Fat Veganaise
- 1 Tbsp dill pickle chips minced
- 1 tsp ketchup
- 2 slices rye bread
- 1/3 c sauerkraut
- 1 slice Daiya vegan swiss cheese
- 7.5 slices Peppered Tofurky Deli Slices

INSTRUCTIONS

1. To make the Russian dressing, thoroughly combine mayonnaise, pickles, capers, and ketchup in a small bowl. Set aside.
2. Assemble sandwiches by evenly spreading dressing on two slices of bread and topping each with half the deli slices, sauerkraut, and cheese. Cover each sandwich with another slice of bread.
3. In a large skillet, warm a little cooking spray over medium-high heat. Add the two sandwiches, and cook until both sides are golden brown and cheese has melted, about 3-4 minutes per

side. Transfer to a cutting board, and slice each sandwich in half.

NUTRITION

Nutrition Facts	
Tofurky Reuben	
Amount Per Serving	
Calories 448	Calories from Fat 149
% Daily Value*	
Fat 16.5g	25%
Carbohydrates 49.1g	16%
Protein 27.1g	54%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?
Let us know how it was!