

# Smoked Salmon Reuben Panini

*Sara Moulton - Associated Press  
The Palm Beach Post*

## Servings: 4

*1/4 cup low-fat mayonnaise  
2 tablespoons chili sauce  
2 tablespoons dill pickle, finely  
chopped  
1 teaspoon lemon juice  
Kosher salt  
ground black pepper  
8 slices rye bread  
4 ounces Gruyere, Fontina or Swiss  
cheese, thinly sliced  
4 ounces smoked salmon, thinly sliced  
1 can (14 ounce) sauerkraut,  
drained, rinsed and gently squeezed to  
remove excess liquid  
2 tablespoons extra-virgin olive oil*

## Preparation Time: 15 minutes

In a small bowl, combine the mayonnaise, chili sauce, pickle and lemon juice. Season with salt and pepper to taste.

Spread one side of each slice of bread with some of the dressing. Arrange half of the cheese on four of the slices. Divide the salmon, sauerkraut and remaining cheese among the cheese-topped slices of bread. Top each with one of the remaining bread slices, spread side down.

In a large skillet over medium, heat the oil until hot. Add the sandwiches and something heavy (such as a cast iron skillet, flat saucepan lid or heat-safe plate and a weight such as a can of food) to firmly press the sandwiches down.

Cook for six minutes per side or until golden and the cheese has melted.

Cut each sandwich in half and serve right away.

Start to Finish Time: 30 minutes

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Per Serving (excluding unknown items): 312 Calories; 14g Fat (40.9% calories from fat); 11g Protein; 35g Carbohydrate; 5g Dietary Fiber; 12mg Cholesterol; 1169mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

Sandwiches

**Per Serving Nutritional Analysis**

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% Calories from Fat:	40.9%
% Calories from Carbohydrates:	44.8%
% Calories from Protein:	14.3%
Total Fat (g):	14g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	12mg
Carbohydrate (g):	35g
Dietary Fiber (g):	5g
Protein (g):	11g
Sodium (mg):	1169mg
Potassium (mg):	307mg
Calcium (mg):	68mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	15mg
Vitamin A (i.u.):	700IU
Vitamin A (r.e.):	75RE

Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	71mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

Grain (Starch):	2
Lean Meat:	1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	312	Calories from Fat: 128
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### % Daily Values\*

<b>Total Fat</b>	14g	22%
Saturated Fat	2g	10%
<b>Cholesterol</b>	12mg	4%
<b>Sodium</b>	1169mg	49%
<b>Total Carbohydrates</b>	35g	12%
Dietary Fiber	5g	22%
<b>Protein</b>	11g	
<b>Vitamin A</b>		14%
<b>Vitamin C</b>		24%
<b>Calcium</b>		7%
<b>Iron</b>		17%

\* Percent Daily Values are based on a 2000 calorie diet.