



Baked Reuben Sandwich

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup milk
- 1 eggs
- 2 teaspoons caraway seeds
- 0.5 lb corned beef ribs sliced
- 0.3 cup mustard deli-style
- 6 oz swiss cheese shredded
- 14 oz sauerkraut drained well canned
- 0.5 cup thousand island dressing

2 cups frangelico

Equipment

bowl

oven

baking pan

glass baking pan

Directions

- Heat oven to 400°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
- In medium bowl, stir Bisquick mix, milk, egg and 1 teaspoon of the caraway seed with fork until blended.
- Spread 1 cup batter in baking dish.
- Brush corned beef slices with mustard; layer on top of batter in baking dish. Top evenly with cheese and sauerkraut. Carefully spread remaining batter over sauerkraut.
- Sprinkle with remaining 1 teaspoon caraway seed.
- Bake uncovered 28 to 32 minutes or until light golden brown and center is set.
- Let stand 5 minutes before cutting.
- Serve with Thousand Island dressing.

Nutrition Facts

 **PROTEIN 20.91%**  **FAT 67.72%**  **CARBS 11.37%**

Properties

Glycemic Index:21.5, Glycemic Load:1.16, Inflammation Score:-5, Nutrition Score:15.165217295937%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 321.22kcal (16.06%), Fat: 24.27g (37.34%), Saturated Fat: 9.05g (56.54%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 6.38g (2.32%), Sugar: 6.48g (7.2%), Cholesterol: 84.35mg (28.12%), Sodium: 1290.23mg (56.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.86g (33.73%), Calcium: 343.6mg (34.36%), Selenium: 23.06µg (32.94%), Vitamin B12: 1.81µg (30.23%), Phosphorus: 296.39mg (29.64%), Vitamin B1: 0.38mg (25.41%), Vitamin C: 20.11mg (24.38%), Vitamin K: 23.69µg (22.56%), Zinc: 2.86mg (19.07%), Vitamin B2: 0.27mg (15.93%), Vitamin B6: 0.26mg (13.11%), Iron: 2.3mg (12.75%), Fiber: 2.78g (11.14%), Potassium: 362.83mg (10.37%), Magnesium: 37.37mg (9.34%), Manganese: 0.17mg (8.64%), Vitamin B3: 1.71mg (8.56%), Vitamin E: 1.25mg (8.31%), Vitamin A: 406.43IU (8.13%), Vitamin B5: 0.69mg (6.94%), Copper: 0.14mg (6.89%), Folate: 24.56µg (6.14%), Vitamin D: 0.59µg (3.96%)