



Breakfast Reuben Sandwich



Dairy Free



Popular

READY IN



10 min.

SERVINGS



1

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

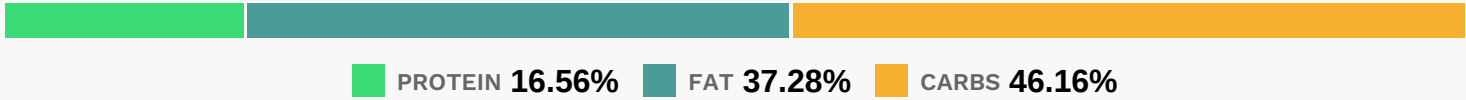
- ☐ 0.1 teaspoon caraway seeds toasted
- ☐ 2 slices corned beef ribs
- ☐ 1 eggs
- ☐ 1 muffin english lightly toasted (preferably rye)
- ☐ 2 tablespoons sauerkraut drained coarsely chopped
- ☐ 2 tablespoons swiss shredded
- ☐ 1 tablespoon thousand island dressing

Equipment

Directions

☐ Place the corned beef on one slice of muffin, top with the swiss and broil to melt the cheese, about 1-3 minutes.Top with sauerkraut, caraway seeds, dressing egg and muffin and enjoy!

Nutrition Facts



Properties

Glycemic Index:139, Glycemic Load:18.84, Inflammation Score:-8, Nutrition Score:17.323478180429%

Flavonoids

Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 273.54kcal (13.68%), Fat: 11.26g (17.33%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 31.37g (10.46%), Net Carbohydrates: 28.28g (10.28%), Sugar: 3.45g (3.83%), Cholesterol: 168.92mg (56.31%), Sodium: 763.74mg (33.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.25g (22.5%), Vitamin K: 260.49µg (248.09%), Vitamin A: 2086.31IU (41.73%), Vitamin B1: 0.37mg (24.74%), Selenium: 14.6µg (20.86%), Vitamin B2: 0.34mg (19.73%), Phosphorus: 190.53mg (19.05%), Manganese: 0.38mg (18.94%), Vitamin C: 13.87mg (16.81%), Iron: 2.51mg (13.93%), Folate: 53.13µg (13.28%), Fiber: 3.09g (12.37%), Magnesium: 47.25mg (11.81%), Vitamin E: 1.71mg (11.39%), Vitamin B5: 1.02mg (10.19%), Copper: 0.19mg (9.55%), Potassium: 324.19mg (9.26%), Vitamin B6: 0.17mg (8.69%), Calcium: 82.82mg (8.28%), Zinc: 1.24mg (8.28%), Vitamin B12: 0.45µg (7.5%), Vitamin B3: 1.24mg (6.18%), Vitamin D: 0.88µg (5.87%)