



Bubbly Hot Reuben Dip

 Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound deli corned beef chopped
- ☐ 8 ounce cream cheese softened
- ☐ 0.5 cup sauerkraut drained to taste
- ☐ 1 cup swiss cheese shredded
- ☐ 1 cup thousand island salad dressing

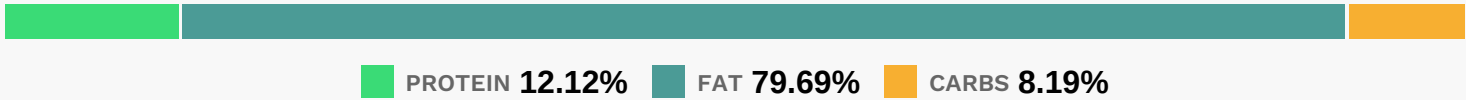
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Layer chopped corned beef in a pie plate or quiche dish.
- ☐ Spread sauerkraut over corned beef.
- ☐ Combine Thousand Island dressing and cream cheese in a bowl until smooth; mix in Swiss cheese.
- ☐ Pour over sauerkraut layer.
- ☐ Bake in preheated oven until bubbly, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:4.5856521311014%

Nutrients (% of daily need)

Calories: 164.27kcal (8.21%), Fat: 14.57g (22.42%), Saturated Fat: 5.56g (34.74%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 3.12g (1.13%), Sugar: 2.99g (3.32%), Cholesterol: 32.31mg (10.77%), Sodium: 409.15mg (17.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.97%), Vitamin B1: 0.24mg (15.74%), Vitamin K: 11.77µg (11.21%), Selenium: 6.2µg (8.86%), Vitamin B12: 0.49µg (8.12%), Calcium: 78.8mg (7.88%), Phosphorus: 75.6mg (7.56%), Vitamin A: 280.16IU (5.6%), Zinc: 0.82mg (5.46%), Vitamin C: 4.48mg (5.43%), Vitamin E: 0.79mg (5.29%), Vitamin B2: 0.09mg (5.02%), Vitamin B3: 0.61mg (3.04%), Vitamin B6: 0.06mg (2.98%), Iron: 0.51mg (2.85%), Potassium: 89.86mg (2.57%), Vitamin B5: 0.19mg (1.95%), Magnesium: 7.31mg (1.83%), Copper: 0.03mg (1.28%), Fiber: 0.25g (1.01%)