



## Campfire Reubens

READY IN



45 min.

SERVINGS



4

CALORIES



795 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 pound corned beef ribs sliced
- 8 slices pumpernickel bread
- 1 cup sauerkraut
- 0.5 pound swiss cheese sliced
- 1 cup thousand island dressing

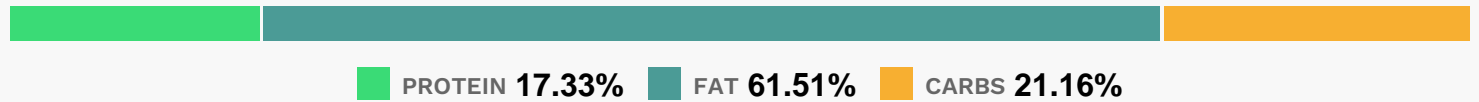
### Equipment

- grill
- aluminum foil

## Directions

- Preheat a grill for low heat.
- Cut 4 large squares of aluminum foil.
- Place 2 slices of bread side-by-side on each piece of foil.
- Spread the bread slices with Thousand Island dressing. Evenly divide the corned beef, Swiss cheese, and sauerkraut among the bread. Top with a second slice of bread to make a sandwich. Wrap the foil snugly around the sandwich to make a sealed packet.
- Place the packets on the preheated grill. Cook, turning every 10 minutes, until the bread is lightly toasted and cheese melted, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:28.75, Glycemic Load:15.07, Inflammation Score:-7, Nutrition Score:31.607826398767%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 794.84kcal (39.74%), Fat: 54.22g (83.42%), Saturated Fat: 17.82g (111.34%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 36.29g (13.2%), Sugar: 10.47g (11.63%), Cholesterol: 114.91mg (38.3%), Sodium: 2357.28mg (102.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.37g (68.73%), Vitamin B1: 1.16mg (77.3%), Selenium: 50.06µg (71.51%), Calcium: 575.37mg (57.54%), Phosphorus: 562.85mg (56.29%), Vitamin B12: 3.23µg (53.77%), Vitamin K: 49.11µg (46.77%), Manganese: 0.93mg (46.68%), Zinc: 6.08mg (40.53%), Vitamin C: 28.18mg (34.16%), Vitamin B2: 0.54mg (32.03%), Vitamin B3: 5.44mg (27.18%), Iron: 4.61mg (25.6%), Fiber: 5.69g (22.76%), Vitamin E: 3.16mg (21.06%), Vitamin B6: 0.41mg (20.66%), Folate: 77.4µg (19.35%), Magnesium: 74.79mg (18.7%), Copper: 0.34mg (16.9%), Potassium: 553.2mg (15.81%), Vitamin A: 608.87IU (12.18%), Vitamin B5: 1.02mg (10.2%)