



Cheesy Reuben Appetizer

READY IN



25 min.

SERVINGS



20

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces cream cheese softened
- ☐ 6 ounces swiss cheese shredded
- ☐ 0.5 cup thousand island dressing
- ☐ 4 ounces corned beef ribs sliced chopped
- ☐ 0.5 cup sauerkraut
- ☐ 1 serving pretzels
- ☐ 1 slices cocktail rye bread
- ☐ 1 serving chives fresh chopped
- ☐ 1 serving radishes sliced

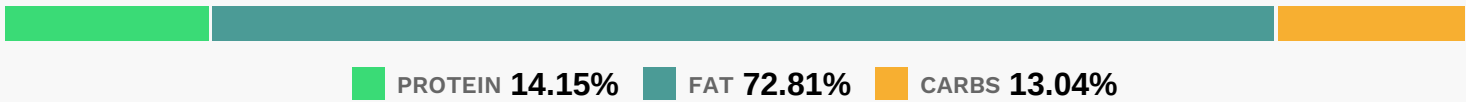
Equipment

☐ oven

Directions

- ☐ Heat oven to 400°F.
- ☐ Mix cream cheese, 1 cup of the Swiss cheese, the dressing and corned beef.
- ☐ Spread in pie plate, 9x1 1/4 inches, or quiche dish, 9x1 1/2 inches. Top with sauerkraut and remaining 1/2 cup Swiss cheese. (Cover and refrigerate up to 24 hours if desired.)
- ☐ Bake about 15 minutes or until bubbly around edge.
- ☐ Serve hot with pretzel crackers or cocktail bread.
- ☐ Garnish with chives and radishes.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:1.55, Inflammation Score:-2, Nutrition Score:3.484347825465%

Flavonoids

Pelargonidin: 1.83mg, Pelargonidin: 1.83mg, Pelargonidin: 1.83mg, Pelargonidin: 1.83mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Nutrients (% of daily need)

Calories: 119.08kcal (5.95%), Fat: 9.68g (14.89%), Saturated Fat: 4.44g (27.77%), Carbohydrates: 3.9g (1.3%), Net Carbohydrates: 3.56g (1.29%), Sugar: 1.59g (1.77%), Cholesterol: 24.05mg (8.02%), Sodium: 233.31mg (10.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.47%), Calcium: 91.56mg (9.16%), Selenium: 5.31µg (7.58%), Phosphorus: 74.51mg (7.45%), Vitamin B1: 0.11mg (7.36%), Vitamin B12: 0.38µg (6.38%), Vitamin K: 5.34µg (5.09%), Vitamin A: 239.2IU (4.78%), Vitamin B2: 0.08mg (4.51%), Zinc: 0.66mg (4.37%), Vitamin C: 2.55mg (3.09%), Vitamin E: 0.42mg (2.77%), Iron: 0.37mg (2.06%), Folate: 8.17µg (2.04%), Vitamin B3: 0.4mg (2.01%), Manganese: 0.04mg (2%), Vitamin B6: 0.04mg (1.89%), Potassium: 63.48mg (1.81%), Magnesium: 6.97mg (1.74%), Vitamin B5: 0.15mg (1.54%), Fiber: 0.34g (1.38%), Copper: 0.02mg (1.13%)