



Classic Reuben Panini

READY IN



25 min.

SERVINGS



4

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter softened
- 8 slices cocktail rye bread
- 0.3 cup thousand island dressing
- 1 cup sauerkraut dry drained (from 14.5-oz can)
- 0.5 lb corned beef ribs thinly sliced
- 8 slices swiss cheese

Equipment

- grill

Directions

- Heat closed contact grill 5 minutes.
- Spread butter on one side of each bread slice. On unbuttered side of 1 bread slice, spread 1 tablespoon of the dressing. Top with 1/4 cup of the sauerkraut, 2 oz corned beef, 2 slices cheese and remaining bread slice, buttered side up. Repeat for remaining sandwiches.
- When grill is heated, place sandwiches on grill. Close grill; grill 5 to 6 minutes or until cheese is melted and grill marks appear.
- Serve immediately.

Nutrition Facts

PROTEIN 17.87% **FAT 55.29%** **CARBS 26.84%**

Properties

Glycemic Index:40.33, Glycemic Load:14.53, Inflammation Score:-6, Nutrition Score:21.007391432057%

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: 527.8kcal (26.39%), Fat: 32.31g (49.71%), Saturated Fat: 13.68g (85.47%), Carbohydrates: 35.29g (11.76%), Net Carbohydrates: 30.42g (11.06%), Sugar: 5.48g (6.08%), Cholesterol: 81.35mg (27.12%), Sodium: 1568.83mg (68.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.5g (46.99%), Selenium: 41.3µg (59%), Calcium: 368.28mg (36.83%), Vitamin B1: 0.54mg (35.91%), Phosphorus: 354.5mg (35.45%), Vitamin B12: 2.05µg (34.13%), Manganese: 0.6mg (30.01%), Zinc: 3.95mg (26.3%), Vitamin C: 20.78mg (25.19%), Vitamin B2: 0.43mg (25.04%), Vitamin B3: 4.65mg (23.23%), Folate: 85.03µg (21.26%), Iron: 3.52mg (19.56%), Fiber: 4.87g (19.47%), Vitamin K: 17.15µg (16.33%), Vitamin B6: 0.28mg (14.13%), Magnesium: 50.76mg (12.69%), Copper: 0.23mg (11.57%), Potassium: 377.52mg (10.79%), Vitamin A: 500.97IU (10.02%), Vitamin E: 1.25mg (8.35%), Vitamin B5: 0.79mg (7.91%)