


 **99%**  
HEALTH SCORE

# Corned Beef and Cabbage Reuben


 Very Healthy

READY IN




**205 min.**

SERVINGS



**4**

CALORIES



**2123 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup pickling spice
- 4 bay leaves
- 2 pounds brisket raw cut into 4 equal servings
- 2 heads cabbage cut into wedges
- 2 gallons chicken stock see
- 6 cloves garlic
- 3 medium idaho potatoes cut into wedges
- 8 slices cocktail rye bread

- 4 servings salt and pepper black freshly ground
- 8 slices swiss cheese
- 1 cup thousand island dressing
- 4 ounces butter unsalted softened
- 4 servings vegetable oil for frying

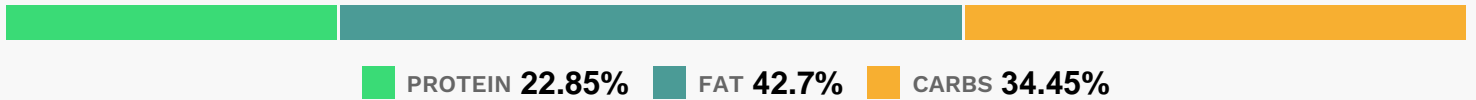
## Equipment

- frying pan
- oven
- pot

## Directions

- Pour the stock into a large 4-gallon stockpot over medium-high heat and bring to a simmer.
- Add the pickling spice, garlic, bay leaves and cloves. Reduce the heat to medium, then add the beef and cabbage simmer until tender, 3 hours. Season with salt and pepper.
- Slice the corned beef into thin slices against the grain. (This should yield around 30 slices.) Slice 2 wedges of the cabbage thinly.
- Butter 1 side of the bread slices and brown on a warm griddle or large nonstick pan. Top each bread slice with 1 slice of cheese, followed by Thousand Island dressing.
- Add beef slices to half the bread, and the cabbage to the remaining bread slices. Continuing browning the bread for 2 to 3 minutes, and then assemble the sandwiches. Warm the assembled sandwiches in the pan or a preheated 350 degrees F oven.

## Nutrition Facts



## Properties

Glycemic Index:68.77, Glycemic Load:44.49, Inflammation Score:-10, Nutrition Score:83.728260952493%

## Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

## **Nutrients (% of daily need)**

Calories: 2122.52kcal (106.13%), Fat: 101.69g (156.45%), Saturated Fat: 37.37g (233.57%), Carbohydrates: 184.57g (61.52%), Net Carbohydrates: 154.21g (56.08%), Sugar: 58.66g (65.18%), Cholesterol: 306.22mg (102.07%), Sodium: 4036.83mg (175.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 122.43g (244.85%), Vitamin K: 590.31µg (562.2%), Vitamin B3: 45.69mg (228.44%), Vitamin C: 181.44mg (219.93%), Vitamin B6: 3.66mg (183.02%), Vitamin B1: 2.54mg (169.44%), Selenium: 114.04µg (162.92%), Vitamin B2: 2.75mg (161.98%), Manganese: 3.14mg (156.8%), Phosphorus: 1522.56mg (152.26%), Iron: 25.45mg (141.38%), Potassium: 4770.31mg (136.29%), Fiber: 30.35g (121.41%), Folate: 472.83µg (118.21%), Zinc: 16.96mg (113.07%), Calcium: 1118.95mg (111.89%), Vitamin B12: 6.59µg (109.77%), Copper: 1.8mg (89.81%), Magnesium: 342.75mg (85.69%), Vitamin E: 11.2mg (74.65%), Vitamin A: 2140.49IU (42.81%), Vitamin B5: 3mg (29.96%), Vitamin D: 0.43µg (2.83%)