



Five-Layer Reuben Dip

READY IN



95 min.

SERVINGS



10

CALORIES



457 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup chili sauce such as heinz prepared
- 2 cups coleslaw mix dry prepared
- 8 ounces corned beef ribs thinly sliced
- 4 ounces cream cheese
- 0.5 cup catsup
- 10 servings kosher salt and pepper black freshly ground
- 1 cup mayonnaise
- 10 servings potato chips for serving
- 4 slices cocktail rye bread toasted seeded cut into small pieces

- 2 cups sauerkraut prepared
- 2 teaspoons spicy brown mustard
- 6 ounces swiss shredded
- 1 tablespoon vinegar white

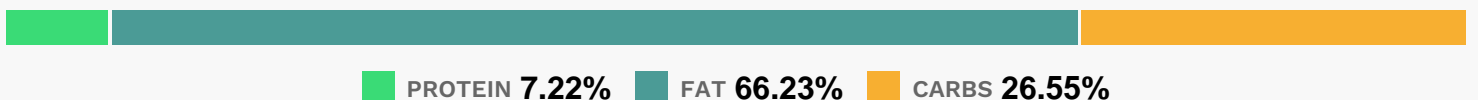
Equipment

- food processor
- bowl
- whisk

Directions

- Combine the Swiss cheese, 1/2 cup of the mayonnaise, the mustard, cream cheese, 1/4 teaspoon salt and a few grinds of black pepper in a food processor. Blend until very smooth.
- Remove and set aside. Rinse out the food processor bowl.
- Combine the coleslaw, sauerkraut, vinegar, 1/4 teaspoon salt and a few grinds of black pepper in a food processor. Pulse until coarsely chopped.
- Remove and set aside. Rinse out the food processor bowl.
- Add the corned beef to the food processor and pulse until coarsely chopped.
- Whisk together the remaining 1/2 cup mayonnaise, the chili sauce, ketchup and a few grinds of black pepper for the sauce.
- Layer the dip in your favorite 3-quart serving dish.
- Spread out the cheese mixture on the bottom. Then top with, in even layers, the corned beef, rye bread, sauce and sauerkraut mixture.
- Wrap and refrigerate until chilled, at least 1 hour or overnight.
- Serve with rye bread toasts, rye crackers or potato chips.
- From Food Network Kitchens

Nutrition Facts



Properties

Glycemic Index:35.13, Glycemic Load:3.54, Inflammation Score:-8, Nutrition Score:18.230869472027%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 456.98kcal (22.85%), Fat: 34.16g (52.55%), Saturated Fat: 7.05g (44.05%), Carbohydrates: 30.8g (10.27%), Net Carbohydrates: 27.32g (9.93%), Sugar: 6.67g (7.41%), Cholesterol: 33.11mg (11.04%), Sodium: 1207.88mg (52.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.76%), Vitamin K: 199.85µg (190.34%), Vitamin C: 29.3mg (35.52%), Vitamin E: 4.61mg (30.74%), Vitamin A: 1382.53IU (27.65%), Manganese: 0.46mg (22.8%), Potassium: 667.69mg (19.08%), Vitamin B6: 0.35mg (17.25%), Selenium: 11.41µg (16.3%), Vitamin B5: 1.6mg (16.01%), Vitamin B3: 3.2mg (15.99%), Fiber: 3.49g (13.95%), Phosphorus: 130.88mg (13.09%), Magnesium: 50.19mg (12.55%), Iron: 2.13mg (11.83%), Vitamin B2: 0.19mg (11.23%), Vitamin B1: 0.17mg (11.11%), Folate: 43.09µg (10.77%), Copper: 0.21mg (10.55%), Zinc: 1.38mg (9.19%), Vitamin B12: 0.46µg (7.59%), Calcium: 58.1mg (5.81%)